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Post-Operative Instructions for: Hysterectomy

1. Take it easy for the first week after discharge from the hospital. You had major surgery; no matter how easy or hard your hospital stay was, your body is recovering from the surgical process. If you take adequate downtime immediately after surgery, your total recovery will be faster.

2. Expect the following:

- Bleeding from the vaginal – you may or may not have light bleeding from the vaginal. Staining on a pad is normal. If the bleeding becomes heavy, call your physician at 904-819-1500. Bleeding may last for up to four weeks.
- Post-operative pain
 - Pelvic pain – located in the low abdomen, a deep, achy feeling on both sides is common. If you can take ibuprofen, use a dose of 800 mg (four over the counter pills) every eight hours. Add prescription pills given by your doctor if needed.
 - Bowel pain – this usually occurs on the third through the fifth day after surgery. Time will fix this, but it can be very severe. If it progresses to vomiting and inability to tolerate food, call your physician at 904-819-1500.
 - Joint/muscular/back pain – these usually stem from positioning during surgery. Though we do our best to protect you during surgery, you may experience soreness from being unable to change from an uncomfortable position. Again, ibuprofen is the best treatment.
 - Headache - particularly if you are prone to headache, the fluid shifts during surgery and the postoperative period can trigger headache.

3. Do not use tampons and do abstain from intercourse for six weeks after surgery.

4. Activities – Increase your activity level gently each day. It is very important that you do not do activities that make you put pressure on your pelvis, such as lifting or pulling objects. You may drive when you are sure you could avoid an accident by swerving or slamming on the brakes. Usually this takes about two weeks. Any return to work considerations should be discussed with your doctor.

Call the office at 904-819-1500 with any concerns