



Chattanooga's Program In Women's Oncology
Comprehensive Cancer Care for Women
Let us guide you through your storm.

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MINIMALLY INVASIVE SURGERY

Your doctor has recommended a minimally invasive surgical procedure. Patients often will be discharged the same day of procedure. The following will be your post-operative instructions:

1. Please call 423-266-3636 if you have a fever greater than 101⁰, excessive abdominal pain, persistent nausea and vomiting, inability to urinate, excessive vaginal bleeding. It is normal to have some vaginal bleeding up to six weeks following your procedure.
2. Abdominal surgery and post operative pain medication often cause constipation. Your doctor has recommended you begin Milk of Magnesia or Senakot Tablets starting the first day after surgery.
3. Following abdominal surgery, your intestinal motility is often slowed. Your doctor recommends slowly advancing your diet to the pre-operative level over the initial 2 weeks following your surgery. The first couple of days following your surgery, hydration is critical. It is important to drink at least 2 liters (1/2 gallon) of fluids minimally per day. Solid food is less important the first few days following surgery. Gradually introduce solid foods. You may want to start off with soups and other soft foods. If you eat too much following surgery, it is common to feel bloated, distended & nauseous. You may even vomit.
4. Following your surgery, your doctor recommends being up and out of bed as much as tolerated. Physical limitations include: no sexual intercourse for 6 – 8 weeks following your surgery, no driving for the first week to 10 days, or until you can comfortably turn in all directions and lift your feet comfortably.
5. Following your surgery, you will notice between 3 to 5 small incisions. The bandage covering your incision can be removed the first day after surgery. There is also tape over the incisions. Leave the tape in place for 7 days. If it falls off prior to that, do not be concerned.
6. It is recommended you shower daily following your procedure. A shower will not cause harm to your incisions. We do not recommend tub baths for the first 4 – 6 weeks following your procedure.
7. You may return to work in 2 – 4 weeks following your procedure depending on how you feel, your diagnosis and what you do for a living.