



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

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## POST-OPERATIVE INSTRUCTIONS

**(These instructions are an incomplete guide following your surgery. We are available 24 hours a day for questions, never hesitate to call.)**

1. Please call the next business day following your hospital dismissal to schedule a follow-up appointment.
  - Post operative appointments should be two weeks for laparoscopic procedures and four weeks following open incision procedures.
  - Do not remove the tape strips or the glue covering over your incision as it will strengthen your incision. There are stitches under the skin which will dissolve.
  - If you have staples or stitches (which you can see) we need to see you one week after surgery.
  - If you are sent home with a drain we will see you one week after surgery.
  - If you are sent home with a catheter in your bladder we will see you one week after surgery. Call the nurse at least three days before your appointment for instructions.
2. Please call the office if you have:
  - Temperature greater than 100.5° F.
  - Pain uncontrolled with the medication prescribed.
  - Uncontrolled nausea or vomiting.
  - Difficulty urinating or moving your bowels.
  - Please call with any questions or concerns you may have!!!
3. You have been given a prescription for pain.
  - These medications may cause confusion or drowsiness. Please take caution not to do things that may harm you while taking these medications. **NO DRIVING** while on medications.
  - These medications **WILL** cause constipation, please use a combination of **LAXITIVES**: (Phillips Milk of Magnesia and Senekot-S) to prevent constipation.
4. You may expect a decreased appetite following you surgery, you can expect you appetite to return to normal in 2-4 weeks. It is important to keep yourself well hydrated during this time. **IF YOU ARE UNABLE TO STAY WELL HYDRATED THAT IS A REASON TO CALL.**
5. Unless otherwise instructed you may continues all pre-operative medications
6. Miscellaneous information
  - Get plenty of rest the week following surgery and you may gradually increase your activity. Listen to your body.
  - Unless otherwise instructed, you may shower, but **NO TUB BATHS**.
  - You may return to driving 2-3 weeks following surgery **IF** you are no longer taking pain medication and if you feel you are a safe driver. Remember, make your first trip a short one.
  - Following a hysterectomy no sexual intercourse for 6-8 weeks.
  - It is common to have some vaginal spotting for up to six weeks after a hysterectomy.