

SAINT LOUIS
ASSOCIATES IN



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Abdominal Hysterectomy Post OP Instructions

Activity

1. No douching or intercourse for 6 weeks
2. May take a shower the morning after surgery.
3. May begin taking baths 4 weeks after surgery
4. No swimming for 6 weeks after surgery.
5. No heavy lifting for a full 6 weeks

Medication

1. For headache pain (Tylenol, Aspirin, Motrin, Advil, Nuprin, etc.)
2. Prescription (if given)
3. If a stool softener is needed, Colace or Fibercon (over the counter)

Bleeding

1. Expect some bleeding for 1-4 weeks. Call if heavier than menses.
2. There may be some purulent or bloody drainage from the incision. Clean this with hydrogen peroxide and a Q-tip. Notify the doctor.

Work

1. May return in 6 weeks

Driving

1. You may drive when you can go from the accelerator to the brake without pain.
Approximately 2 weeks.

Follow-up

1. Make an appointment for post op visit 4-6 weeks after surgery.
2. Call the office if incision has excessive redness or warmth, or if increased discharge from incision.

Call the office at (314) 993-6401 or the exchange at (314)388-6140 if you have any problems, including a fever greater than 100.4 for 2 hours, excessive pain or bleeding more than 1 pad per hour.