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Instructions for After Hysterectomy

1. **Activity** - You will recover most quickly if you rest at home the first two weeks, doing basically the same activities you were doing in the hospital. Although the operated area is securely stitched and sealed, the tissues and vessels need time to grow into their new configuration. If you overdo it early on you will cause the area to swell, distort, and be more likely to get infected and cause adhesions. When you are evaluated at your first post op appointment, you will receive new tailored recommendations about advancing your activity.
2. **Prevention of abnormal clotting** – Examples of abnormal clotting would be a stroke, deep vein thrombosis in the leg, or a pulmonary embolus, which is a clot in the lung. While recovering, is necessary to have enough mobility to maintain good circulation even while maintaining a low activity level as recommended above. Being in bed all the time is unnecessary and potentially harmful. Moving around the house for meals, bathroom use, and to do simple things is usually just right for the first couple weeks. It is best to alternate rest and activity.
3. **Pain management**- It is best to rely on a base of regularly scheduled anti-inflammatory, such as ibuprofen, with narcotic pain pills added in “ on top” as needed. Narcotic pain pills can cause constipation, which can be a major cause of post op pain. Please use healthy diet, good hydration and stool softeners such as Colace and Milk of Magnesia to prevent this. As with any injury, ice can help in the first 24 hours, then heat thereafter, although this seems to be personal.
4. **Bathing**-You may shower and pat or blow the incision dry. Please do not bathe or soak for two weeks.
5. **Dietary intake** should be normal healthy. However you should be especially attentive about eating lots of fruits, vegetables and protein. Plain probiotic yogurt is also a good addition. Make sure to stay extremely well hydrated.
6. **Precautions** - Call with a fever greater than 100.0 degrees, chills, body aches, nausea, vomiting, diarrhea, uncontrolled pain or vaginal bleeding greater than a light menstrual period. You should also call with any incision problems such as separation, spreading redness, increasing pain, puffiness or discharge.
7. **Abstain** from intercourse, tampons or anything in the vagina. Abstain from lifting anything greater than 10 pounds for the first two weeks and then greater than 15 pounds for four weeks.
8. **Make sure** you have follow-up appointments at two and six weeks and also if there are concerns.

We hope these instructions will help you have a smooth post op course. If you have any questions or concerns, please feel free to call the office at 755-6550.