

Post op instructions

Your health is important to us. Please review the below document in detail and let us know if you have any questions.

Please do not consume if you are allergic to any of these medications.

Which medications should I buy over the counter to help in my recovery?

- **Pepcid:** 20mg twice daily. The first pill, first thing in the morning before food and again 30 min before dinner.
- **Colace:** 100mg orally twice daily - buy over the counter.
- **Tylenol or Acetaminophen** extra strength: 500mg, 2 tab every 6- 8 hours as needed.
- **Motrin/Advil:** 600mg orally every 8 hours as needed for pain.
- **Mylanta bottle:** 2 teaspoons orally 8 hours if feeling heartburn or gassy.
- **Probiotics:** 1 capsule daily with food. Start day after surgery.

Which prescription medications do I need?

- **Pain medication:** as directed by your physician on the day of surgery.
- **Antibiotics:** as prescribed.
- **Special medications** such as birth control pills if prescribed by your doctor.

What can I eat or drink?

- Drink at least 10-15 glasses of water every day.
- Eat easy to digest, light foods like chicken soup, sandwiches, yoghurt, low fat milk, and ginger ale
- High fiber diet, if unable to tolerate high fiber diet
- Take Metamucil or Citrucel 2 teaspoons daily in water at 8p.

- Eat Salads (thoroughly washed) and light dressings.
- Can eat fresh fruits, spinach, whole grains etc.
- Please take into account any food allergies that you may have.

Which Foods should I avoid?

- Avoid a lot of cheese, spicy food, marinara sauce, and orange juice.
- Avoid very greasy foods.
- Take into account you food allergies.

Can I shower? If so, how?

- Please shower and clean your entire body INCLUDING the INCISION area with mild soap and water. Do not rub vigorously. After shower, just gently pat dry with a soft towel and leave the wound are open to sit.
- Wear loose clothes. Avoid tight fitting clothes, which do not let air circulate easily.
- Shower daily.

How much weight can I lift?

- Do no lift weights heavier than 5 pounds.
- Try not to bend, if you have to, use your knees to lower yourself and lift something.
- You can climb stairs slowly, one step at a time.
- When getting up from the bed, first turn on the side and then lift yourself up to void direct strain on the stitches.

When should I call the doctor or go to Emergency Room?

- High-grade fever with or without chills > 101 deg F.
- Difficulty breathing

- Chest tightness
- Fainting
- Heavy vaginal bleeding
- Continuous vomiting
- Increasing swelling or redness of the abdomen.
- Foul smelling discharge from the vagina or from the incision.
- Severe abdominal pain.

What should I expect as normal?

- Pain at the incision site is normal.
- Cramping pain such as menstrual cramps is normal.
- Slight vaginal bleeding/ spotting or bleeding like a normal period or less than a normal period may be expected.
- Nausea on the first day or two may be expected.
- Difficulty sleeping, getting out of bed is expected. It will pass.
- Bloating and constipation is expected so we strongly recommend Metamucil, high fiber diet, Colace and probiotics as above to avoid that.

DO's

- You can walk around the house and even go outdoors around the house slowly.
- When resting, keep your legs elevated on a pillow to avoid leg swelling.
- Take the incentive spirometer home and continue to take deep breaths 20 times every hour.
- Do NOT stay in bed all the time. Complete bed rest may lead to increased risk of blood clots.
- Do not stay alone at home the first night after your procedure. If you are going to be alone, make sure you have your phone with you and someone to call in case you need assistance.

DONT's

- No heavy weights to be lifted.
- No intercourse, tampons, douching until you get clearance from doctor.
- No smoking.
- Do not use an abdominal belt to support the incision.
- Do not plan long or intense travel plans.

PLEASE DO NOT FORGET TO GO FOR YOUR POST-OP APPOINTMENT as recommended below:

Hysterectomy/ Laparoscopy/ any abdominal surgery: 1 week after surgery.

D&C/ Hysteroscopy/ polypectomy/ fibroid resection: 2 weeks after surgery.

If you are experiencing any of the emergency symptoms as described above, please call 911 or go to the nearest emergency room. You can also reach us at:

Middle Village patients: 718-898-1170.

Walk IN GYN Care: 917-410-6905