



Aspen Medical Group, Inc.

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AFTER SURGERY INSTRUCTIONS FOR ABDOMINAL HYSTERECTOMY

You have been scheduled for in-patient surgery at the hospital for an Abdominal Hysterectomy. This means you will be having your uterus removed through your abdomen and, in some cases with some women, your ovaries and fallopian tubes as well. Your hospital stay should be about 2-4 days long. The following information should be helpful in answering some of the questions you may have about the days before and after your surgery. You may always call us with any last minute questions or concerns.

Since a hysterectomy is a major operation, you will need to plan on 2-4 weeks of recuperation time for your body to complete the healing process. Do not be in a hurry to be back to normal too soon! You may expect to experience several days of moderate discomfort while you are in the hospital after you wake up from your surgery. By the time you are released to go home, you will be walking more and more each day, able to shower, and be eating regular meals.

By your 5th or 6th day, you will notice that you feel much better and are well on your way to recovery. It is important to keep your two week check-up appointment. At that time we will discuss any concerns you may have regarding your healing process.

Some women experience vaginal bleeding that may last up to one week after the surgery as well as a brownish discharge that may continue for another 5 weeks. Do not be alarmed by this. It is part of the natural healing process.

DO NOT use tampons because of the increased risk of infection. We recommend that you use sanitary pads at this time. There should be **NO** sexual intercourse during your recovery time period. In most cases, after your final check-up at 6-8 weeks, it is safe to resume sexual activities.

For the first 3 weeks of your recovery, you should take showers instead of baths. Climbing in and out of a bath tub places increased stress on your abdominal muscles and incision.

Exercise is important during your recovery and will assist you in your healing and sense of well-being. Walking a little bit each day is plenty of exercise for the first 2 weeks. After that, you can increase the amount of exercising as tolerated. Running and jumping type exercises as well as full aerobics should not be resumed until your final check-up examination at 6-8 weeks.

Always remember that our staff is available to assist you during this time.