



Gynecology Specialists
of Philadelphia

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General Gynecology & Pelvic Surgery

Post-Op Instructions

▣ Laparoscopic Hysterectomy:

- Expect to have some abdominal discomfort and cramping/pressure: Take the strong pain medication (usually Dilaudid or Percocet) as needed for pain. You can take ibuprofen as needed along with the strong pain medication. You may need to take both together for the first 24-48 hours.
- Expect to have small incisions on your abdomen: Any bandages can be removed the following day. You may have steri-strips (white paper strips) or skin glue (purplish goop) on these incisions. You can gently remove these 10-12 days after your procedure.
- Expect some light bleeding for the first few weeks. You may experience discharge as the sutures dissolve and liquefy. You may also note some string like material pass as these sutures dissolve. This process may take up to 8 weeks.
- Possible Shoulder/upper back/neck pain: This is due to a gas bubble that can get trapped under the diaphragm at the time of laparoscopy. This strange discomfort will subside over the first 72 hours.
- Possible Constipation: Take Colace twice a day while on the strong pain medication as it helps fight constipation. If you become constipated, please take Milk of Magnesia (30 ml). If constipation persist, you can try a Fleet's enema or Dulcolax suppository. **Please call the office if you have severe pain/nausea/vomiting/fever.**
- Restrictions:** No heavy lifting, exercise or sex for 6 weeks. No tub baths. You can shower.
- Call the office to schedule a three week post-op check appointment.**

▣ Abdominal Myomectomy:

- Expect to have some abdominal discomfort and pain at the incision site. Take the strong pain medication (usually Dilaudid or Percocet) as needed for pain. You can take ibuprofen as needed along with the strong pain medication. Do not take Tylenol with Percocet.
- Expect to have vaginal bleeding as your uterus is healing. Your period may be off in timing and duration
- Wound Care: you can remove the bandage 1-2 days after your surgery. You may have steri-strips (white paper strips) on your incision. You can peel them off after 14 days. Some mild oozing may occur from the incision-that's ok. Do not apply any creams or ointments to the incision. Wear loose fitting clothes.
- Possible Constipation: Take Colace twice a day while on the strong pain medication as it helps fight constipation. If you become constipated, please take Milk of Magnesia (30 ml). If constipation persist, you can try a Fleet's enema or Dulcolax suppository.
- Restrictions:** No heavy lifting, exercise or sex for 6 weeks. No tub baths. You can shower.
- Call the office to schedule a three week post-op check appointment.**

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