

# Women Elite Care

## Short Stay Hysterectomy Discharge Instructions

1. Have a support person to stay with and assist you for the first 24 hours.
2. It is normal to experience soreness of throat, mild pain in the shoulders, and abdominal pain especially near your belly button. Slight vaginal bleeding is also normal and may persist until your follow up office visit.
3. Record your temperature four times every day – upon awakening, at 12 noon, at 6 pm, and upon going to bed.
4. If your temperature is greater than 100.4 degrees Fahrenheit, notify your surgeon.
5. Drink at least 6 glasses of liquid during the first 24 hours.
6. Begin a regular diet after 24 hours as tolerated.
7. Refrain from heavy lifting (in excess of 10 pounds) or exercise for one week.
8. Do not drive an automobile for at least 10 days
9. No touching, baths, intercourse, or tampons. You may shower and wash your hair.
10. Notify your surgeon for vaginal bleeding heavier than a period, increasing pain not relieved by your medication, persistent nausea and vomiting, or fever greater than 100.4 degrees Fahrenheit.
11. You may contact your doctor at the following number: \_\_\_\_\_
12. Make an appointment for an office visit 2 weeks from your surgery.
13. Take all medications as prescribed or as needed:

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