

**POST OPERATIVE INSTRUCTIONS FOR MAJOR OUTPATIENT SURGERY**

**In general, during the first 2 weeks post operatively, you should concentrate on plenty of rest. Limit prolonged standing, sitting, walking, and avoid any strenuous activity. You should slowly resume your regular diet as your appetite increases. You would typically expect the bowel function to resume in the first few days following surgery, although minor laxatives may be required. (Colace stool softener and Dulcolax rectal suppositories may be used NO Exlax). After surgery, take Colace 2 x a day until your normal bowel function resumes. If you have not had a bowel movement within 48 hours after surgery, you will need to use the Dulcolax rectal suppository. You may take pain relievers as needed, either by prescription or over the counter medications such as Aleve or Advil, etc. Remember, though, taking pain medications will make you constipated, so using the over the counter medications in between taking the prescribed medication is advisable.**

**If your surgery was done by the laparoscope, you may experience migrating pains in the back, shoulders, neck and chest during the first 1-5 days. This is from the carbon dioxide gas used in your abdomen during surgery. Get up and move around as best you can to get the gas out of your system.**

**Depending on the type of procedure you had, you may resume most normal activities including driving after 2 weeks. Do not take tub baths or use tampons or douches for 4-6 weeks. We suggest you postpone exercise, strenuous activity and intercourse until your 3 week post operative check up.**

**If you have had vaginal surgery, remember that there are incisions which you cannot see that are healing. Sometimes bleeding will occur and possibly even increase after approximately two weeks due to sutures dissolving. At times you may see pieces of stitch material in the vaginal secretions.**

**For abdominal incisional care, do not use powder, lotions or emollients. Clean the incision sites gently with soap and water. If steri strips are in place, do not remove them until they start to fall off or if they become soiled. After washing, pat the area dry with a clean towel. If you have an incision in your navel, keep it clean with warm soapy water, if you notice any irritation or redness, clean the area with peroxide.**

**Maintain a balanced healthy diet which is high in protein and Vitamin C. Drink plenty of fluids (water and Juice). Fresh fruits and vegetables and adequate amounts of fiber should be eaten. Avoid gas forming foods for the first few days after surgery.**

**A post operative visit will be scheduled approximately 2-3- weeks following your surgery.**

**Please feel free to contact the office with any questions or concerns.**

**Be watchful for signs of complications and call our office at 330-8885 if any of the following occur:**

**\*\*Fever greater that 101 or chills\*\*Excessive or prolonged vaginal bleeding\*\*vaginal discharge with a foul odor\*\*unusual discomfort\*\*burning on urination or other bladder symptoms\*\*Swelling, redness, or increasing tenderness around the incision site\*\*pain or swelling of the legs.**

**We wish you the best for a speedy recovery.**