

Post-Operative Instructions

Vaginal Hysterectomy

Sarpy County OB/GYN, P.C.

A vaginal hysterectomy is a surgical procedure that entails removal of the uterus through a vaginal route. There are many indications for performing this procedure. Please discuss this with your doctor. Please also refer to the American College of Obstetricians and Gynecologists website www.acog.org for more details regarding risks/benefits.

1. Remember this is a major vaginal surgical procedure. It will take from 6-8 weeks to feel completely recovered. This is normal.
2. As you resume your usual activities, expect to tire easily. It is okay to become tired, but avoid becoming exhausted.
3. It is normal to have a light pink discharge for up to 2 weeks.
4. Limit your activities for 4-6 weeks:
 - a. No lifting of more than 5 to 10 lbs.
 - b. No vacuuming
 - c. No strenuous activities or exercises
 - d. No driving for 1 week (you may ride in a car for a short trip)
 - e. Walk up and down steps one step at a time.
5. Regular walks are encouraged
6. Showers are OK
7. Wear loose clothing and cotton underwear for comfort.
8. Nothing in the vagina (no sex, tampons, or douching) until your follow up exam reveals complete healing (usually in 6 weeks).
9. You may do light housework as tolerated: washing dishes help with cooking, light cleaning such as dusting.
10. Resume your medications as ordered.
11. Report any of the following:
 - a. Foul smelling drainage from the vagina or stitches
 - b. Heavy vaginal bleeding, saturating 2-3 pads in 1 hour
 - c. Fever by thermometer over 101 degrees F
 - d. New symptoms such as nausea, vomiting, constipation, abdominal swelling or severe pain
 - e. Inability to urinate
12. For after hours, call: 898-8500.
13. First post-operative check is usually at 2 weeks. A second and final one usually occurs 6 weeks from when surgery was performed.