

POST OPERATIVE INSTRUCTIONS

After surgery our goal is to provide adequate pain management and for you to resume your normal activities as soon as possible. Enhanced Recovery After Surgery (ERAS) is intended to accomplish this goal. Ideally controlling nausea and resuming food intake soon after surgery is important as well as getting out of bed and ambulating the evening of surgery if possible.

Prevention of clots in the legs

You will have pneumatic compression devices (PCD) placed on your legs prior to surgery. These soft wraps are connected to a pump that will intermittently inflate and massage your legs during and after surgery. Once you are ambulating in the hallway you will wear them when you rest in bed or while sleeping. Getting out of bed and walking in the hospital room and hallways of the hospital will help prevent forming clots in your legs and help your bowel function to return sooner.

Eating after surgery

Many women may experience nausea after surgery and medication will be ordered on a regular basis to prevent it. Chewing gum may promote your normal bowel function and staying with clear liquids and advancing to regular food will allow you to have the nutrition your body needs to heal.

Activity

Getting up and around after surgery will be sore but the benefit of preventing clots and helping your bowel function to get back on track is very important. Most incisions will either have a topical glue or steristrips covering the wound and you may shower the day after surgery. Be cautious about taking a long hot shower as you might feel lightheaded and we do not want you to fall.

As your energy increases you may feel like walking outside or going on short outings. Always wear your seatbelt in the car. Some women find placing a folded towel or small pillow over the incisions will provide a cushion from the direct pressure from the seatbelt. Most women can resume driving at 2 weeks if they feel comfortable sitting behind the wheel, can respond quickly driving conditions and not taking narcotic pain medications.

Pain Control

Pain pills will be able to control your pain. You will figure out which combination of medication works the best and your need for medications usually decreases shortly after surgery. Initially a combination of narcotic and non-narcotic pain pills will be helpful. Anti-inflammatory pills such as ibuprofen, naproxen and acetaminophen will not make you drowsy. Norco does have acetaminophen in it, please do not take additional acetaminophen, such as Tylenol, with it, but you can use anti-inflammatory meds at the same time.

Additionally, hot or cold packs may provide additional comfort measures. Placing a damp washcloth in a ziplock baggie and placing in the microwave for 10-15 seconds will provide a small pack that can be placed over the incisions. Alternatively placing crushed ice in a ziplock baggie can be used for comfort.

When to call the office

Please check your incision daily, or have a family member look at it daily to be sure it is continuing to heal well. If you note redness, drainage or worsening pain and swelling this may indicate an infection. Please contact the office and if it is after-hours, the answering service will contact the doctor on call who will return your call.

If you have fever, persistent nausea or vomiting, worsening pain, or heavy bleeding like a period, or other concerns please call the office as well.