

Charles Street Obstetrics~Gynecology Associates, P.A.

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Postoperative instructions for inpatient procedures

- You may go up and down stairs when you get home, but in a limited fashion. No housework or heavy lifting is permitted.
- You may eat and drink anything you like, and shower as necessary. Do not take a tub bath until after your return visit.
- You may drive a car 2 weeks after surgery.
- Do not use tampons, douches, or have intercourse until after your return visit.
- Vaginal bleeding may be present – it should be not be heavy, and may last 5-7 days.
- Try to prevent constipation by drinking adequate amounts of water each day (6-8 glasses). You may use a stool softener such as Colace or Metamucil. Milk of Magnesia can be used as a laxative if needed.
- If you did not make your postop appointment when you scheduled your surgery, please call the office to schedule an appointment for 2 weeks after your surgery.
- Call the office if any of the following conditions occur:
 - Temperature greater than 100.4
 - Persistent nausea with vomiting
 - Increasing pain not relieved with pain medication
 - Vaginal bleeding heavier than a period
 - Inability to urinate
- If you have any questions, please do not hesitate to call the office: 410 823 1120