

Charles Street Obstetrics~Gynecology Associates, P.A.

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Postoperative instructions for: TVH (total vaginal hysterectomy) LAVH (laparoscopically assisted vaginal hysterectomy) LSCH (laparoscopic supracervical hysterectomy)

Same day discharge or 23 hr stay

- For the first 24-28 hours after the procedure, you may have some nausea and vomiting, menstrual-like lower abdominal cramps, pain at the incision sites, muscle aches, shoulder pain, or sore throat. These symptoms will resolve quickly.
- Vaginal bleeding may occur, and may last 3-5 days. Use sanitary pads, not tampons. Do not have sex and do not douche until after your return visit.
- Any stitches will dissolve by themselves unless instructed otherwise. The band-aid may be removed on the day after surgery, and the incision washed with soap and water as you shower. Some oozing from the incision is normal for several days after the surgery. A solution of 50% hydrogen peroxide mixed with 50% water will keep the incision clean. Redness and a bluish discoloration are common and will resolve in 1-2 weeks.
- The steri-strip bandages over the lower incisions (if you have any) will begin to curl at the edges and fall off on their own in about 7-10 days. Observe these for redness, swelling, or excessive drainage.
- If nausea is present after surgery, eat lightly until it resolves. Clear liquids such as soups, broth, Gatorade, and flat cola are advised.
- You may go up and down steps several times a day. No housework or heavy lifting is permitted for at least the first 2 weeks.
- You may shower the day after surgery, but avoid tub baths until after your return appointment.
- You may drive a car 2 weeks after surgery.
- 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.
- 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.
- 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