



Surgery Discharge Instructions

Incision Care

- You may shower the day after surgery; however, tub baths should be avoided until your incision(s) have fully healed and any spotting has stopped.
- Pain or soreness at the incision site is not uncommon and should improve each day. You should contact out office immediately if:
 - Incision pain persists
 - There is puss oozing from the incision, or
 - The incision becomes very red or swollen, since these could be signs of infection and may require antibiotics

Restrictions

- You may not drive the day of surgery or while taking narcotic pain medications. You may resume driving when you feel comfortable doing so and feel that you would be able to stop the car in the event of an emergency.
- Restrictions to relations are different based on the type of surgery you've had. Please abstain until you have your post-op appointment.
- You may use stairs whenever you feel comfortable doing so. Use care and, if needed, have someone help you up and down the stairs until you feel comfortable using them on your own.
- You should not do any heavy lifting the day of surgery. For patients with incisions larger than 5 to 10 mm, you should not lift more than 15 pounds. Once you feel comfortable lifting, you can gradually add more weight.
- Moderate exercise is allowed following surgery. Use common sense and avoid strenuous exercises that will tug at your incision site. Avoid abdominal postoperatively for a minimum of 4 weeks.

Bleeding

Vaginal bleeding time varies based on the type of surgical procedure that you have had. Please refer to the guideline that applies to you, below:

- **D&C** – Vaginal bleeding and/or discharge may occur for a few days following the procedure. Use a maxi pad or panty liner during this time. **Do not use tampons.**
- **Leep** – You may have some brownish-black discharge for up to one month following this procedure. Use a maxi pad or panty liner during this time. **Do not use tampons.**
- **Laparoscopy** – Vaginal bleeding/discharge may occur for up to six weeks following surgery. The flow can increase or decrease depending on your activity. Use a maxi pad or panty liner during this time. **Do not use tampons.**
- **Laparotomy** – Vaginal spotting may occur for up to six weeks following this procedure. Use a maxi pad or panty liner during this time. **Do not use tampons.**

Constipation

It is common for patients to experience some constipation following surgery and it can become painful if not proactively treated. Unfortunately, narcotic pain medications also have a side effect of constipation. You should drink plenty of fluids following surgery and if necessary, a stool softener or mild laxative can be used to promote bowel movements. Contact the office at once if you cannot pass bowel movements.

Contact the office if any of the following occurs:

- Calf pain or swelling in the extremities
- Inability to pass bowel movements
- Increasing pain, redness or swelling at the incision site
- Pain or burning upon urination
- Persistent nausea or vomiting
- Shortness of breath
- Temperature of 100.4 degrees or greater
- Vaginal bleeding that soaks more than 1 maxi pad, in 1 hour

Nurse Triage: 703-273-9440, option "6"
After hours on-call Doctor: 1-888-724-3845

If you have not already done so, please call the office to schedule a post-op appointment at 703-273-9440, extension x306.

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