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POST OPERATIVE CARE AFTER HYSTERECTOMY

At the time of discharge from the hospital you received a prescription for a non-steroidal anti-inflammatory and a narcotic analgesic. You should consider taking the Motrin product every 6 hours as prescribed and using the narcotic for any break through pain. Combining these two products improves the level of comfort and the duration of the pain relief.

Do be aware that narcotic analgesics interfere with your muscular coordination and thinking process. You should not be operating any vehicle or machinery, i.e. no driving while taking these medications.

Anesthesia tends to cause gas retention, please utilize Gas-X during the first 24-48 hours following your surgery to minimize your discomfort.

You may shower, but please avoid pools, ponds, hot tubs, etc. for 6 weeks. All bandages should be removed 1 week from the day of surgery.

Do not use tampons for 6 weeks following surgery as this will disrupt the healing of the vaginal walls.

Do not have intercourse for 6 weeks following surgery as this will disrupt the healing of the vaginal walls.

Avoid any heavy lifting, or lifting greater than 15lbs. for 6 weeks. Avoid straining or lifting, pushing instruments such as vacuums for 6 weeks following surgery as this will disrupt the healing of the vaginal walls.

Do walk and do stairs as tolerated. Do continue a normal, healthy diet. Do expect that you will be more tired, sleepier in the first days and weeks following surgery. Do expect that you should feel more yourself as each week passes.