

# Laparoscopically-Assisted Vaginal Hysterectomy (LAVH)

The following instructions are provided to assist you with planning your self-care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight
2. Plan on getting an adequate amount of rest for a few days following your operation.
3. No heavy lifting (more than 10 pounds) or strenuous exercise/activities for 3-4 weeks after your procedure or until advised by your surgeon.
4. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
5. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
6. You will have some pain. Take pain medications as prescribed. Try to avoid constipation by eating high fiber foods, drinking plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products.
7. Resume your regular diet as tolerated. Do not drink any alcoholic beverages including beer and wine for 24 hours after your surgery.
8. A small amount of vaginal bleeding or spotting is normal after surgery for a few days, to possibly a week after surgery. Wear a sanitary pad for as long as you are bleeding.
9. You will have a small incision at your navel, and a few other small incisions below in your abdomen. They may be closed by dissolvable stitches and covered by steri-strips (tapes).
10. If you have a dressing, keep it clean and dry for 2-3 days after surgery, then remove bandage.
11. You may shower after dressing has been removed, gently pat incisions dry, they will likely be covered in steri-strips (tapes), please let these tapes fall off on their own, rather than removing them.
12. You should avoid sexual intercourse, swimming, tub baths, douching, tampons until your doctors has examined the top of your vagina to ensure it has healed properly.
13. Try to urinate at regular intervals after surgery to try and empty your bladder completely. Do not strain to force urine to come. If you have a burning sensation when you urinate, call either your surgeon or family doctor, or go to the closest Emergency department for a urine sample to rule out urine tract infection or bladder infection.

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14. For a few days, you may experience cramping and gas pains in your abdomen. You may also feel pain in your shoulders. This is normal, and is caused by the gas used during your surgery. Try to drink plenty of fluids, and walk to assist in moving the gas along so you may pass it.

15. Contact your doctor or seek medical attention if any of the following occurs:

- Signs of infection, including fever over 38.3 C (101F) and chills
- Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site
- Cough, shortness of breath, chest pain
- Pain that you cannot control with the medication that you have been given
- Nausea and/or vomiting that you cannot control or which persists for more than two days after your surgery
- Pain and/or swelling in your feet, calves or legs
- Heavy bleeding (changing pads more than every two to four hours)
- Foul smelling vaginal discharge
- Episodes of fainting

If you have any concerns:

- Call your surgeon or doctor's office
- Or call Telehealth 1-866-797-0000
- Or go to nearest Emergency department

16. The day after your surgery, please phone your surgeon's office to arrange for your \_\_\_\_\_ week follow-up appointment.

Specific Instructions:

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