

Total Laparoscopic Hysterectomy

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 for 3-4 weeks after your procedure, nothing great then 10 pounds.
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 or use recreational drugs for 24 hours after your surgery.
8. You will have some vaginal bleeding and spotting this is normal for up to 4 to 5 weeks after surgery.
9. You may shower the day after surgery, gently pat incisions dry, they will likely be covered in steri-strips, let these dressings fall off on their own.
10. The sutures that are under the steri-strips will dissolve on their own.
11. You should not have sexual intercourse until your doctor has examined the top of your vagina to ensure it has healed properly.
12. If you have a burning sensation when you urinate, call either your surgeon or family doctor, or go to closest Emergency Department for a urine sample to rule out urine tract infection or bladder infection.

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13. 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 persist 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 Surgeons office
- ... or call Telehealth 1-866-797-0000
- ... or go to closest Emergency Department

14. Please phone your Surgeon's office for a follow-up appointment in _____ week(s).

Specific Instructions:
