



Atlanta Women's

OBSTETRICS & GYNECOLOGY, PC

Women Proudly Caring for Women

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Post Operative Instructions

1. Plan to “take it easy” the first week after surgery. You should be able to do simple household tasks and walk at a moderate pace. You may climb stairs slowly. You should avoid activities like gardening, laundry, and shopping that necessitate lifting or prolonged standing. Let common sense be your guide; certainly, if you are uncomfortable or overly tired, cut back your activity. You may add activities, as you feel able.
 2. Call the office immediately for any of the following symptoms
 - Severe abdominal pain unrelieved by pain medication
 - Pain or burning on urination, or if you can't empty your bladder
 - Your incision oozes pus, becomes red, swollen, or hot to the touch
 - The edges of your incision split open
 - A fever of 100.5 degrees or above
 - Nausea, vomiting, or rigid abdomen
 - Excessive vaginal bleeding (soaking a maxi pad end-to-end in 1 hour)
 3. If you have steri-strips on your wound, you may remove them as they start to peel at the ends, generally 5-7 days after surgery. Collodion may be removed as it starts to peel. It is normal for the wound to itch and feel numb as it heals.
 4. Non-tender swelling and a raised appearance of your incision are normal and will improve with time. Wear loose clothing and leave the incision open to the air when possible.
 5. Vaginal spotting frequently occurs after surgery and should become scanty and brown within 2 weeks. Infrequent spotting can be normal until your follow-up visit.
 6. Driving may be attempted two weeks after surgery. Before you take the car on the road, sit in the parked car and press the pedals. If you have discomfort or your incision pulls, wait a few days, then try again.
 7. Absolutely no douching, tampons or intercourse until your follow-up appointment. Please make this appointment from the hospital or as soon as you get home.
 8. If you were given TED hose wear them for the first 4-5 days. You should take them off at least once a day for 30 minutes.
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