

Gyn Cancer & Pelvic Surgery LLC

Practice limited to Gynecologic Oncology, Reconstructive Pelvic Surgery and Consultative Gynecology

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BOARD CERTIFIED IN GYN ONCOLOGY & OB/GYN

POST-OP/DISCHARGE INSTRUCTIONS

1. If you do not currently have a post-op appointment scheduled for 7-10 days from your surgery date, you should contact our office as soon as possible to make one.
2. Showering, bathing, and walking up & down stairs are permitted, unless specifically forbidden by your surgeon.
3. Do NOT drive while taking narcotics (Percocet, Darvocet, Dilaudid, Oxycodone). Tablets may be cut in half in order to decrease narcotic dose as pain improves.
4. You can expect to have some vaginal bleeding for up to the first couple of weeks after surgery. If vaginal bleeding seems heavier than normal menses, you should notify your physician.
5. Do NOT engage in heavy lifting or strenuous activity for up to the first couple of weeks after surgery.
6. Do NOT take NSAID (Motrin, Ibuprofen) if taking Lovenox.
7. You can expect to have some abdominal cramping. This most often can be relieved by the use of Tylenol. If your pain is not relieved by Tylenol and no additional medications were prescribed, you should contact your physician.
8. You should avoid sexual activity until cleared by your physician to resume this activity.
9. Recommended Over-the-Counter medications:
 - a. Tylenol 325 MG: Take 1-2 tablets as needed, every 4-6 hours for pain control.
 - b. Ibuprofen 200 MG: Take 2-3 tablets as needed, every 4-6 hours for pain control.
****You may take Ibuprofen ONLY if you are NOT taking Lovenox.****
 - c. Colace (stool softener) 100 MG: Take 1 tablet by mouth twice a day with plenty of fluids.
 - d. Gas-X 80 MG: Take 1 tablet by mouth as needed, 3-4 times a day.
 - e. Milk of Magnesia: Take 10 ML by mouth as needed for regular bowel movements.
10. If you have any concerns of difficulties, notify your physician.