

# Discharge Instructions: Major Abdominal or Vaginal Surgery

## 1. Activity

- \* Spend the first week at home. Do not do any additional work.
- \* Use the stairs as little as possible the first week, gradually increasing during the 2<sup>nd</sup> week.
- \* Do not do any heavy lifting for 6 weeks. You may gradually increase your activity between the 2<sup>nd</sup>- and 6<sup>th</sup> week.
- \* Please do not drive until you have been seen in the office for your checkup.
- \* You may take short walks. Maintain a healthy balance between exercise and rest.
- \* Do not plan to return to work until you have been seen in the office for your checkup.

## 2. Diet

Maintain a well-balance diet. You may use a laxative for constipation.

## 3. Personal Care

You may wash your hair, shower, or take a tub bath. Do not douche or use tampons. Do not resume sexual activities until after your checkup.

## 4. Incision

Unless otherwise instructed, daily cleansing with soap and water is all that is required. You may leave the incision line exposed.

## 5. Next Appointment

Call the office and make an appointment for approximately 4 weeks from the date of surgery.

**PLEASE CALL THE DOCTOR IF YOU HAVE ANY QUESTIONS  
OR EXPERIENCE ANY OF THE FOLLOWING:**



**516. 466. 4128**



1. Heavy vaginal bleeding.
2. Temperature greater than 100.5 orally.
3. Severe abdominal – perineal pain.
4. Swollen area on the leg that is painful, red or hot.