



AFTER YOUR ABDOMINAL HYSTERECTOMY (DISCHARGE INSTRUCTIONS)

ACTIVITY:

Take rest periods during the day; you will be able to return to your normal activities in 4 – 6 weeks. Avoid using a lot of stairs and standing for long periods for four weeks, unless told otherwise by your doctor. **DO NOT** lift anything more than 10 lbs. **AVOID** heavy housework; vacuuming, sports and exercises. **DO NOT** have sexual intercourse. Your doctor will tell you when you can return to work. Usually in 6 weeks.

HYGIENE:

You may shower or tub bath. A shower is preferred. Try to keep your incision from becoming moist for long periods of time. Pat the wound dry, gently. **DO NOT RUB**. Make sure the water is not too hot. Avoid staying in too long or you may feel weak. **DO NOT** use bubble bath or bath oils.

BLEEDING:

You may have some spotting for one week. **DO NOT USE TAMPONS OR DOUCHE.**

INCISION:

Staples will remain in your incision for 3 days. If you have a midline incision they will remain in for 5 days.

DIET:

You may eat your usual diet. Drink plenty of fluids and eat high fiber foods to keep your bowels regular (fresh fruits and vegetables, whole wheat breads and bran). If constipation becomes a problem, you may use a mild natural laxative.

PAIN:

You will have some pain around your incision and in your perineal area. You may take your pain medication as ordered by your doctor if necessary.

FOLLOW:

Make an appointment to see your physician post-operatively in 7 days in the office.

CALL YOUR DOCTOR OR GO TO THE NEAREST EMERGENCY DEPARTMENT IF YOU HAVE:

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| -Redness around your incision | -Drainage from your incision |
| -A fever, chills, or loss of appetite | -Difficulty in passing your water |
| -Pain that is severe or lasts a long time | -Bright red vaginal bleeding |

If you require general information or have questions and you are not able to contact your Doctor. Please call:

Health Link Alberta

Call toll free:

1-866-408-LINK (5465)

Edmonton: 780-408-LINK (5465)

Calgary: 403-943-LINK (5465)