

Post-Operative Instructions Abdominal Surgery,  
Total Abdominal Hysterectomy, Ovarian Cystectomy,  
Salpingectomy, Oophorectomy

*These are general instructions only. If I have given you specific instructions, please follow my orders.*

**DEFINITION**

*Total Abdominal Hysterectomy is the removal of the entire uterus. Ovarian Cystectomy is the removal of an ovarian cyst. Oophorectomy is the removal of an ovary. Salpingectomy is the removal of a tube.*

**ROUTINE INSTRUCTIONS**

1. Activity:
  - a) No heavy work, lifting, pulling, or pushing.
  - b) Avoid stairs if possible – if not, limit stairs to 2 times a day slowly.
  - c) No car riding or driving until return visit to my office.
  - d) Get plenty of rest.
  - e) No sexual activity for 6 weeks.
  - f) You may shower.
  - g) No douches or tampons for 6 weeks.
  
2. Diet:
  - a) Eat a well balanced diet to promote healing.
  
3. Medications:
  - a) I may give you prescriptions before your discharge – take as directed. If no prescription was given for pain, you may take your usual medications such as aspirin or Tylenol.

**WHAT IS EXPECTED**

1. You may have bleeding or spotting for as long as 2 weeks after discharge.
2. You may have some abdominal pain.
3. You may feel weak or tired for several weeks following surgery.

**CONTACT YOUR PHYSICIAN IF YOU HAVE:**

1. A fever of 100.4 (orally) or higher.
2. Severe cramping or pain.
3. Heavy bleeding
4. Vaginal discharge which has an unusual odor or foul smell.
5. Swelling or unusual pain at the incision site.
6. Unusual swelling or tenderness on your calf muscles.

**POST - OPERATIVE CARE:**

*Make an appointment to see me in 1 week. Call my office for the date and time. If you have an urgent problem prior to 1 week, call me at the number listed below.*