

Post Surgery Instructions

What to expect in the Week after Surgery:

1. Resume all your normal medications unless otherwise instructed by Dr. Sharma.
2. Take NSAIDS as Advil, Motrin and Aleve with food morning, lunch and dinner per the directions on the medical bottle. Use Narcotics prescribed for break-through pain.
3. You may shower immediately but do not sit in a bathtub for 1 week.
4. Episeal dressings can get wet. Once it starts peeling off -approximately 2 weeks- you can take the dressing off. It is easy to take it off in the shower.
5. Do not lift anything heavier than the weight of a gallon of milk for 6 weeks.
6. For itchy skin and healed incision you can massage any lotion Megaderm, Vitamin E or any body lotion
7. It is very common to experience discomfort in the region of your groin that may even travel down one or both legs. Some patients described it as a feeling that they have 'just done a split' or 'ridden a horse'. This is due to the unique positioning you are placed in during the surgery. It will resolve within a few days or at worst, a few weeks.
8. Vaginal bleeding is normal and may last up to a week; it should get lighter every day.
9. Vaginal Discharge: It is normal to have a bloody discharge 4-6wks after surgery. During the first 2-3 weeks bleeding may increase slightly. Avoid tampon. Use pads. If bleeding becomes heavier than a period, call the office. As bleeding resolves, you may experience a heavy discharge
10. Bladder urgency, frequency and urine loss may be normal for the first 2 weeks, but pain with urinating and/or cloudy urine is usually a sign of an infection—contact Dr. Sharma.
11. Discomfort in the vaginal area and in the buttock area is normal - try to use extra strength Tylenol or any other over the counter pain medication you may have to manage the discomfort. If these do not help, Dr. Sharma will be happy to prescribe a stronger pain medication but remember, these may cause constipation. Dr. Sharma recommends that you obtain a 'sitting donut' from any pharmacy or health care store. This will take pressure off the operative area and make you more comfortable
12. Many patients described feeling 'wiped out' for a few days due to the excitement of the hospital experience. Be patient with yourself, eat well balanced meals, and get plenty of rest!
13. Do whatever it takes to avoid constipation - a glass of prune juice day until you are experiencing normal bowel movements, colace or Miralax. Avoid other laxatives. Continue walking every day.
14. You may, go upstairs, and go outside if you feel up to it, there is no magic moment post-operatively when these activities can be resumed. Dr. Sharma recommends that you 'listen to your body' for clues that you may be overdoing it.
15. **Do not drive a car if on prescription pain medication** or if still in pain
16. You may start light exercising immediately (i.e. walking, light arms weights, etc.) but avoid strenuous activity (i.e. jumping, running, sit-ups, squat thrusts) for at least 6 weeks.
17. Avoid vaginal intercourse for 6 weeks unless otherwise instructed by Dr. Sharma.
18. Return to work is very subjective depending on the exact procedure, the post-operative course and the nature of a woman's employment. These will be taken on a case to case basis with Dr. Sharma.

19. You may experience irregular cycles for the first few cycles that should resolve.

What to look out for:

If you experience any of the following within the first 24-48 hours please call our office or answering service immediately:

Fever greater than 101° F

Generalized chills

Nausea and vomiting

Heavy bleeding at the operative site