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Post-op Home Care after Pelvic-Abdominal Surgery

These instructions are a general guide for recovering after your surgery. The doctor may give you other instructions that are specific and best for you. If you have any questions, please contact our office and speak with a nurse.

Activity:

- Do not lift anything heavier than 10 pounds or do strenuous activity up to 6 weeks.
- Light activity and caring for your personal needs is encouraged. Increase activity gradually.
- You may go up and down stairs, but limit trips until you are stronger.
- You may ride in a car but do not drive for up to 2 weeks.

Personal Care:

- Some vaginal discharge or bleeding is normal for a few weeks after surgery.
- Do not put anything in the vagina until after your post op appointment.
- You may shower, but avoid tub baths or swimming until after your appointment.
- Wash your incision gently with soap and water and pat dry.
- You may leave your incision uncovered.

Diet:

- As tolerated. Increase fluids and fiber to prevent constipation.

If you have any of the following symptoms, call the doctor right away:

- Heavy vaginal bleeding (more than one pad hour or clots larger than fifty [50] cent piece)
- Temperature higher than 100° or Chills
- Vomiting
- Difficulty or burning while urinating or only passing small amounts of urine
- Increased redness, warmth, tenderness at incision site or drainage from incision