

## **POSTOPERATIVE INSTRUCTIONS AND EXPECTATIONS**

For most if not all of my patients, I recommend few but strict post-operative rules to follow to improve recovery and post-op outcomes. The rules are as follows and this should answer many of your post-operative questions.

### **FOR 6 WEEKS POST-OP YOU SHOULD:**

1. Avoid lifting greater than 5 lbs or anything that looks larger than a gallon of milk
2. Avoid frequent bending/stooping. Purchase a grabber from the pharmacy or ask someone for help to p/u items from the floor
3. Avoid bathtubs/Jacuzzi/Swimming/Tampons/Intercourse. In other words nothing per vagina.
4. Avoid driving for 1-2 weeks or until you have stopped taking narcotics for pain (usually within a week)
5. Avoid getting constipated. This very commonly occurs following these types of procedures. I will send you home with a regimen of Milk-of Magnesia and stool softeners to keep your bowel movements regular.

### **YOU MAY:**

1. Walk
2. Climb stairs (plan your day to avoid 10 trips up and down)
3. Be driven. You may drive in 1-2 weeks.
4. Take care of most of your daily needs as long as you avoid the above restrictions.

### **YOU CAN EXPECT:**

1. Soreness with prolonged sitting or standing.
2. Vaginal bleeding that may last up to 6 weeks and may be accompanied by a foul odor
3. Feeling tired after brief activities. This often occurs and should improve by 6 weeks.

Given the planned procedure(s), I recommend that you allow yourself the full 6 weeks to recover. I can provide you with a letter for work once your surgery date is secured. If you need to return earlier or feel well enough to return to work before the 6 week recovery period, your restrictions still remain and your letter will state your work restrictions during the 6 week recovery period.

## **POSTOPERATIVE INSTRUCTIONS AND EXPECTATIONS** **(SAME-DAY PROCEDURES)**

For most if not all of my patients, I recommend few but strict post-operative rules to follow to improve recovery and post-op outcomes. The rules are as follows and this should answer many of your post-operative questions.

### FOR 4 WEEKS POST-OP YOU SHOULD:

1. Avoid lifting greater than 5 lbs or anything that looks larger than a gallon of milk
2. Avoid frequent bending/stooping. Purchase a grabber from the pharmacy or ask someone for help to p/u items from the floor
3. Avoid bathtubs/Jacuzzi/Swimming/Tampons/Intercourse. In other words nothing per vagina.
4. Avoid driving for 3-5 days or until you have stopped taking narcotics for pain (usually within a week)
5. Avoid getting constipated. This very commonly occurs following these types of procedures. I will send you home with a regimen of Milk-of Magnesia and stool softeners to keep your bowel movements regular.

### YOU MAY:

1. Walk
2. Climb stairs (plan your day to avoid 10 trips up and down)
3. Be driven. You may drive in 3-5 days
4. Take care of most of your daily needs as long as you avoid the above restrictions.

### YOU CAN EXPECT:

1. Soreness with prolonged sitting or standing.
2. Vaginal bleeding or spotting that may last up to 6 weeks and may be accompanied by a foul odor
3. Feeling tired after brief activities. This often occurs and should improve by 6 weeks.

Given the planned procedure(s), I recommend that you allow yourself the full 1 week to recover. I can provide you with a letter for work once your surgery date is secured. Upon returning to work, your restrictions still remain and your letter will state your work restrictions during the 4 week recovery period.