

GYN Discharge

INSTRUCTIONS

Integrated OB/GYN



Centura Health Physician Group

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CALL THE OFFICE IMMEDIATELY OR THE ON CALL PHYSICIAN AFTER HOURS IF:

- You have a fever over 100.4 degrees Fahrenheit
- You have pain that is getting worse: headache, chest pain, incision pain, bladder pain, leg pain
- You have persistent bright red bleeding-soaking a pad an hour or passing clots larger than a golf ball
- You have vaginal discharge with a strong, foul odor
- You have nausea, vomiting, diarrhea, or signs of a bladder infection
- You have not had a bowel movement in 3 days or you cannot urinate

1. Schedule a follow-up visit in 2 weeks. If you were sent home with staples in your incision, schedule an appointment within 1 week for staple removal.
2. Rest when you are tired. In some cases, you may need to avoid lifting more than 5-10 pounds for 4-6 weeks (depending on your provider's instructions).
3. You may drive a car in 1-2 weeks if you are no longer taking narcotic pain medications and you feel you can make a quick movement if needed.
4. Take medications as prescribed by your provider. Do not take additional Tylenol while taking Percocet or Norco. You will receive a prescription for pain medication upon discharge from the hospital if needed.
5. No intercourse, douching and tampons for 6-8 weeks, or as directed by your provider.
6. It is normal to have a small amount of bleeding or yellowish discharge for up to 6 weeks after surgery.
7. If you become constipated, increase fluids and take a laxative such as Milk of Magnesia. You may use 1-2 tablespoons every 12 hours as needed. This is preferred over heavy straining.
8. Nutrition and hydration are important. Increase proteins, fruits, juices, and green leafy vegetables. This helps maintain good bowel function. Drink water, 8-10 glasses a day.
9. Showers are acceptable. No submersion in water (baths, pools, hot tubs) until 6 weeks after your procedure.
10. You may take short walks, gradually increasing the distance over time. Moderate exercise may be resumed 6-8 weeks after surgery.
11. After 2 weeks, you may do light housework. No vacuuming until 6 weeks after surgery.
12. If you have problems or questions, call our office to speak with the nurse or your provider.