



**DISCHARGE INSTRUCTIONS FOR ABDOMINAL & VAGINAL SURGERY  
LINCOLN CENTER PHYSICIANS**

1. **ACTIVITY**-Starting the day after surgery, you will begin to feel better and stronger each day. While you are at Tallgrass, most of your day will be spent resting. Your only activity will be moving in bed, leg exercises, coughing and deep breathing exercises, and walking short distances.

During your first week at home, you should spend your day resting and caring for your personal needs. The best exercise for you during this time is walking and you may be up for several hours each day. It is better, however, to have short periods of activity rather than to remain on your feet continuously. To obtain the best type of rest, you should lie down. Avoid sitting in a chair for long periods or crossing your legs at the knees or ankles as it slows the return flow of blood from your legs. You may rest in a reclining chair.

Your second week at home, you may take longer walks or ride a short distance in the car; your third week home you may drive short distances and go on short shopping trips. During this time, it is important that you avoid lifting over 10 pounds, strenuous exercise, excessive social activities, and you should keep stairs to a minimum. You may feel impatient at times during your convalescence, but it is important to be sensible about your care and do things in moderation. When healing is complete, you may expect to resume a normal active life. The return to ordinary employment usually takes about 4-6 weeks after surgery.

2. **OPERATIVE WOUND**: The wound should be healing well by the time you go home. You must remember though, that the healing process is a continuous one and the scar does not begin to strengthen for about 12 days after the operation. If steri-strips are not off in 12 days, you may remove them. You may cleanse your incision with soap and water or hydrogen peroxide.
3. **VAGINAL DISCHARGE**: Frequently, after surgery involving the tubes, ovaries, or uterus, there is some bleeding from the vagina (birth canal) which may last several weeks or longer. Your doctor should be called, however, if excessive amounts of bright red bleeding are present. If the amount of bleeding is enough to require a pad, an external pad, rather than a tampon, should be used at this time.

If you have had a hysterectomy, you will no longer menstruate (have periods). If you had a vaginal hysterectomy, stitches in your vagina will dissolve in the next 2-6 weeks. You may have bright red spotting; it will turn to a yellowish discharge; there might be a slight odor – this is normal and will resolve.

4. **PAIN**: You may be given a prescription for pain medication prior to dismissal, or you may take Tylenol or ibuprofen for pain. You may use a heating pad.
5. **BATHING**: You may take a shower or wash your hair at anytime you desire after you go home providing you do not feel too weak or tired.
6. **DOUCHING**: No douching, intercourse or tampons until you see your physician and he or she indicates it is permissible. You may use vaginal medication as instructed.
7. **NUTRITION**: It is essential that your diet be high in protein and vitamin c. Unless otherwise instructed you may eat whatever you wish. Adequate amounts of lean meat, fish, poultry, eggs, green vegetables, whole grain cereals and breads, and citrus fruits and juices, must be included in your diet. Stay away from spicy foods or foods you know cause gas.

8. **CONSTIPATION:** If you re-establish the proper dietary habits, constipation should not be a problem. 6-8 glasses of water daily, some roughage such as lettuce, celery, greens, etc, and adequate amounts of citrus fruits, figs, dates, prunes, or prune juice should help eliminate the problem. Call the office for something stronger if these suggestions prove unsatisfactory. You may take colace and milk of magnesia for constipation.
  
9. **BLADDER FUNCTION:** you will receive full instructions and necessary prescriptions before leaving the hospital if special measures or medications are indicated. Should burning, frequency, and urgency of urination occur for the first time after leaving Tallgrass....do not be alarmed. This happens occasionally and you should call the office for instructions.
  
10. **POST OP APPOINTMENT-**You have an appointment scheduled with \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_. You will be examined and any treatments indicated will be carried out. At this time you will also have the opportunity to discuss any problems you may have. Appointments for future visits will be given at this time, if indicated.
  
11. Call your **PHYSICIAN'S OFFICE AT 233-5101** for any of the following problems:
  1. Bleeding heavier than usual menstrual (period) flow.
  2. A fever over 100.4 or severe chills.
  3. Frequency and burning with urination (emptying bladder)
  4. A red, hard, tender, or hot area along the leg veins.
  5. Swelling, redness, tenderness around the incision.
  6. Chest pain or any other unexplained sign or symptoms.

WE STRONGLY SUGGEST A RESPONSIBLE ADULT REMAIN WITH YOU AT HOME TODAY AND TONIGHT FOR YOUR PROTECTION AND SAFETY. IF YOU HAVE ANY QUESTIONS, OR IF A PROBLEM DEVELOPS, PLEASE CALL YOUR PHYSICIAN IMMEDIATELY. IF YOU ARE UNABLE TO CONTACT YOUR PHYSICIAN AND YOU FEEL THIS IS AN URGENT SITUATION REQUIRING A PHYSICIAN'S ATTENTION, GO TO THE EMERGENCY ROOM CLOSEST TO YOU.

**DESIGNATED CAREGIVER CONSENT**

I WILL BE THE DESIGNATED DRIVER OF THIS PATIENT AFTER DISCHARGE FROM TALLGRASS SURGERY CENTER. I AM FULLY AWARE THIS PATIENT NEEDS CAREGIVING ATTENTION FOR THE FIRST 24 HOURS.

X \_\_\_\_\_  
 PATIENT/PATIENT FAMILY MEMBER  
 REV. 03/06

X \_\_\_\_\_  
 REGISTERED NURSE