
Vaginal Hysterectomy Instructions

You have had a vaginal hysterectomy. This is a procedure to remove your uterus and maybe your ovaries and/or fallopian tubes through your vagina. You may have also had surgery to elevate your bladder or repair a bulge from your rectum into your vagina. All this work was done through a vaginal approach so there will be no incisions in your abdomen.

You will experience some discomfort after the procedure but most women have much less discomfort than if the surgery was done through an abdominal incision. You may take Tylenol or over the counter Ibuprofen (as long as you do not have any allergies or sensitivities to these medications) as well as the prescription pain medicine that was given to you. Since many of the anesthetic and pain medications used around the time of your surgery cause constipation, you should take a stool softener (available over the counter) once or twice daily until you feel your bowels are back to normal.

You can shower as soon as you feel up to it. You will experience vaginal bleeding for up to 4 weeks after the procedure. This bleeding will be light to moderate. Since the stitches dissolve, don't be alarmed if you see small pieces of thread-like material over the first 4-6 weeks. You should refrain from strenuous activity, swimming, bathing and sexual intercourse for 6 weeks from the procedure. You can increase non-strenuous activity as soon as you feel well enough to do so and you can drive as soon as you feel that you are able to. You can return to work when your doctor has advised you to do so.

You need a follow-up appointment in 4-6 weeks after the procedure. You should already have that appointment scheduled but if you don't, please call the office at 978-927-4800 as soon as you get home. You will be notified of any pathology from the surgery in 7-10 days.

If you experience any of the following:

- Temperature greater than 100.4 degrees
- Severe nausea or vomiting (lasting longer than 8 hours after surgery)
- Heavy vaginal bleeding
- Profuse or persistent incisional drainage
- Severe, crushing chest pain

you should contact the office during office hours at 978-927-4800. If you have an urgent problem related to the surgery, and feel that you cannot wait until office hours, please call the above number and ask to speak to the on-call doctor.