

## **Discharge Instructions**

### *Leaving the hospital after vaginal or abdominal surgery*

*Clinic hours are weekdays, 8 a.m. to 5 p.m. Call 206-598-5960.*

*After hours and on weekends and holidays:*

- *If you are a patient of Dr. Michael Fialkow or Dr. Gretchen Lentz, call 206-598-6190 and ask for the Gynecology Resident on call to be paged.*
- *If you are a patient of Dr. Jane Miller, call 206-598-6190 and ask for the Urology Resident on call to be paged.*

### **After Vaginal Surgery**

- **Do not** put anything into your vagina for 12 weeks or until your doctor has examined you and tells you it is OK. This includes having sexual intercourse, using tampons, and douching.
- **Do not** lift anything that weighs more than 10 pounds for 12 weeks. **Do not** vacuum, rake leaves, or do anything that makes you “grunt.”
- You can shower at any time. But, **do not** take a bath, swim, use a sauna, or soak in a hot tub for 4 weeks unless your doctor tells you it is OK.
- **Do not** drive while you are taking prescription pain medicine.
- Call your doctor if you have:
  - Fever higher than 101.4°F (38.5°C)
  - Nausea or vomiting
  - Pain that is not controlled with oral pain medicine
  - Bleeding that soaks through 1 or more pads an hour for at least 2 hours
  - Frequent urination
  - Difficulty urinating and emptying your bladder completely
  - Problems with constipation after trying the tips in the handout about constipation



*Call your doctor if you have any of the symptoms listed here after your surgery.*

## After Abdominal Surgery

- Do **not** have sexual intercourse for 12 weeks.
- For the first 6 weeks after surgery, do **not** lift anything that weighs more than 5 pounds. For the next 6 weeks after that, do **not** lift more than 10 pounds. Do **not** vacuum, rake leaves, or do anything that makes you “grunt.”
- Keep your incision dry for 72 hours. After that you can shower any time. Do **not** take a bath, swim, use a sauna, or soak in a hot tub for 4 weeks unless your doctor tells you it is OK.
- Do **not** drive while you are taking prescription pain medicine.
- Call your doctor if you have:
  - Fever higher than 101.4°F (38.5°C)
  - Vaginal bleeding
  - Increased pain
  - Redness or drainage from your incisions
  - Problems with constipation after trying the tips in the handout about constipation

### Questions?

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hours are weekdays, 8 a.m. to 5 p.m. Call 206-598-5960.

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If you are a patient of **Dr. Jane Miller**, call 206-598-6190 and ask for the **Urology Resident** on call to be paged.