

**Phuong T. Nguyen, MD, FACOG**  
*Obstetrics and Gynecology*

## **GYN POSTOPERATIVE INSTRUCTIONS**

**Your surgeon:**

**Date of Surgery:**

**Name of surgery:**

**Telephone number to call in case of emergency 24hr/7days: (408) 291-8734**

### **When to call?**

Notify your doctor of any concerns.

1. Subjective fever or fever to 100.4F or more
2. Dizziness, fainting episodes, nausea/vomiting
3. Shortness of breath
4. Heavy vaginal bleeding (spotting is normal)
5. Leakage of fluid from incision or if incision opens
6. Pain with urination, blood in urine or unable to void after 8 hours
7. Swelling, redness or pain in leg
8. Pain not relieved with pain medications

**For other Non-urgent concerns, please call (408) 296-2496**

### **General instructions**

- Take all medications as instructed by your doctor.
- Eat a balanced diet to help promote healing. Soft liquids, soups and crackers good to start. Add vegetables & white meats, chicken or turkey in small quantities by day 2-3 after surgery.
- Do not drive for first 2 wks after surgery or when still dependent on narcotics for pain control.
- Avoid constipation by eating high-fiber diets (green leafy vegetables), drink plenty of fluids (6-8 glasses of water/day) and use stool softeners (docusate) once or up to twice a day as needed to prevent constipation. Use daily if taking Vicodin/Tylenol #3/Perocet pain meds.
- Shower and use neutral soap and let the soapy water run over the operative area. **No baths/spa during the first 6 weeks after surgery or until your doctor instructs you that it is ok.**
- **Keep the incision(s) area clean and dry.**
- **Do not douche or put anything in your vagina until your Doctor tells you otherwise.**
- **Do not resume sexual activities until your Doctor tells you so.**
- **Do not lift anything that requires two hands.** Too heavy! No more than 15 lbs for the first 6-8 wks after surgery.
- Return to normal physical activity gradually after 6-8 wks postop. In most cases, it takes about 6-12 weeks for you to resume all normal physical activities.
- Take daily walks as tolerated 15 min in morning, 15 in afternoon and 15 in the evening.

If you are seen at another hospital for problem(s) relating to your surgery, please contact your Doctor's office **408-296-2496** for a follow up appointment. If you get a voice mail, please leave your full name, medical record number, a return phone number, and your question/request.

**Your next appointments:**

**With Dr. \_\_\_\_\_**