



# Instructions after Surgery

Your doctor or nurse will talk to you about what to do when you go home. It is important to get plenty of rest at home and not overdo it. As you resume your usual activities expect to tire easily.

## It is okay to become tired, but avoid exhausting yourself.

- Limit your activities for 4 to 6 weeks.
- No lifting over 5 to 10 pounds.
- No vacuuming.
- No strenuous activities or exercises.
- No driving for 2 weeks. You may ride in a car for a short trip.
- Regular walks are encouraged.

## Do not put anything in your vagina until you see your doctor.

- No douche.
- No intercourse (sex).
- No tampons.
- You may take a shower. Pat your incision dry.

## You may do light housework.

- Wash dishes.
- Help with cooking.
- Light cleaning such as dusting

## Call your doctor if you have any of these problems:

- Redness, pus, swelling or more than usual tenderness from incision.
- Temperature 101 degrees or above.
- Heavy vaginal bleeding, saturating 2 to 3 pads in one hour.
- Foul smelling vaginal drainage.
- Disturbing emotional reactions such as severe mood swings or depression.
- Pain, warmth or tenderness in legs.

It is important to keep your appointment with your doctor in 4 to 6 weeks.

**For more information call:**

**Office (662) 842-1161**