

RECOVERING FROM A *HYSTERECTOMY*

ACTIVITY RESTRICTIONS: 6 WEEKS

- Do not lift more than 10 pounds for 6-8 weeks (e.g., children, pets, groceries)
- Avoid activity that excessively engages abdominal muscles (e.g., vacuuming, snow shoveling, leaf raking, pushing grocery carts, sit ups, pushups, squats, crunches, planks)
- Do not place anything vaginally, such as tampons, douching. Refrain from sexual intercourse for 6-8 weeks.
- Avoid hot tubs, baths, and swimming.
- Do not drive for one week or while taking any narcotic pain medications.
- If you have stairs, climb them slowly.
- During the daytime, walk at least every two hours to accelerate recovery and prevent blood clots in the legs or chest.
- If you have a desk job, you may return to work after 1-2 weeks. If you have a job that requires more activity, you may return to work after 2-4 weeks ensuring you can follow all activity restrictions.

MANAGING PAIN:

- Take narcotics only as prescribed. Narcotics cannot be prescribed or refilled over the phone.
- Stagger Ibuprofen 800mg and Acetaminophen 500mg every 3-4 hours. The 24-hour max doses are: Ibuprofen 2400mg and Acetaminophen 3000mg.
- Take Colace 100mg every 12 hours unless you develop loose stools. If constipation persists with Colace, take Miralax one capful daily or Milk of Magnesia.
- To relieve gas pain after surgery, walk frequently, take a warm shower, use a heating pad, and you may take Simethicone (Gas-X) up to every six hours.
- Be patient with pain. Your pain may still be present at your two-week postoperative visit. Most pain will resolve after 4-6 weeks.

WHEN TO CALL THE PHYSICIAN:

- Fever greater than ($>100.4^{\circ}\text{F}$ or 38.0°C).
- Bright red vaginal bleeding when soaking a pad more than every two hours.
- Concerns with incisions, such as increased pain, hot to the touch, swelling, or excessive redness.
- Persistent nausea or vomiting.
- Pain not relieved by pain medications.
- Increased redness or swelling in your legs.
- Chest pain or shortness of breath.

