



### **Surgery Post-operative Instructions**

- Mild cramping and bleeding are expected for up to **6 weeks** after surgery.
- One of the following pain medications are recommended to help with your pain after surgery:
  - Mild pain - over the counter meds:
    - Ibuprofen 800mg orally every 8 hours
    - Motrin 800mg orally every 8 hours
    - Advil 800mg orally every 8 hours
    - Aleve 440mg orally twice a day
  - Moderate to severe pain - prescriptions will be provided:
    - Toradol 10mg orally every 6 hours as needed (take instead of above meds)
    - Tramadol 50-100mg every 6 hours as needed
- For your diet, please start with clear liquids and advance your diet as tolerated.
- If you do not have a bowel movement for 3-5 days after surgery and feel constipated, you may try over the counter MiraLAX packets or Dulcolax suppositories.
- Please place nothing in vagina and abstain from intercourse until cleared by your surgeon. Please only use pads for bleeding. **Do not use tampons.**
- If you have an incision, please keep this clean and dry. You may shower and use soap and water. Keep steri-strips or paper tape on your incision until removed at your post-operative visit, but you may remove bandaids or top dressings after 1 day. You may use vitamin E or Neosporin on your incision.
- If you had major surgery or are taking narcotic pain medication, please do not drive for at least seven days. Do not lift anything more than 15 pounds for six weeks. If you had a minor surgery, please do not drive until 1 day after surgery.
- Please make sure your post-op visit is scheduled for one to two weeks after surgery. Your surgeon will review your lab results with you at this visit.
- Please call us at 609-430-1900, 24/7, if you are experiencing severe pain not well controlled with above medication, persistent fever greater than 101, and/or heavy vaginal bleeding.