



## Post OP Hysterectomy Instructions

*Now that you are being discharged, please remember the following:*

1. Absolutely, no douching, intercourse, or tampons until checkup.
2. You can expect some bleeding and bloody vaginal discharge for 2-4 weeks.
3. You should try and rest 1-2 hours daily for the first 2 weeks postoperatively.
4. Do not lift anything heavier than 5 pounds.
5. No driving a car or vehicle for at least 3 weeks.
6. You may ride in a car after 2 weeks.
7. You may take tub baths after 3 weeks and may shower at anytime.
8. Notify me if you experience:
  - a. Heavy vaginal bleeding or foul-smelling vaginal discharge
  - b. Chills or fever greater than 100°F
  - c. Severe pelvic or abdominal pain
  - d. Incision pain or infection

Please call the office to make an appointment for your 6-week check up. Above all, remember that I expect you to notify me of a problem if it arises before I see you again in 6 weeks.

Sincerely,

Adam J. Fiedler, MD    R. Kevin Smith, MD    Gregory P. Moore, MD