



Caring Hearts, Healing Hands

2710 E. HARNEY STREET, LARAMIE, WY 82072

WOMEN'S HEALTH

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PEDIATRICS

(307) 721-3118

Abdominal Hysterectomy - Post Operative Instructions

Following the abdominal hysterectomy, you might experience stomach pain and cramping. Taking Ibuprofen or Tylenol is okay and using a heating pad for up to 20 minutes is also recommended. You may also experience vaginal bleeding for up to 4 weeks. Don't use tampons or douche.

What do you recommend with daily activities?

- Activity: the recovery process takes around 6 weeks; during the first week, get plenty of rest and allow your body to heal—listen to your body and slowly increase activity level as you can tolerate
- Lifting: do not lift anything heavier than 25 lbs for 4 to 6 weeks
- Driving: do not drive for the first 2 weeks after surgery and don't drive if you are on pain pills
- Intercourse: wait until after the post-operative visit (4 to 6 weeks) to have intercourse
- Exercise: walking is okay, but do not resume full vigorous exercise until after the post-op visit
- Shower: you can shower as needed; you don't need to cover the incision
- Diet: resume a regular diet when you are feeling well; include fiber and water
- Bowels: add a stool softener to avoid any straining, especially while on pain medication

What should I expect for life after a hysterectomy?

- You will no longer have menstrual periods and you won't become pregnant
- Most of the time you get relief from the issues that made the surgery necessary
- If you are premenopausal, having your ovaries taken out with the hysterectomy will start menopause
- If you have a hysterectomy before menopause and you keep your ovaries, menopause may start at a younger age
- You may feel a sense of loss and get depression, please call our office if these feelings start to affect your enjoyment of everyday life

When To Call Our Office—(307) 745-8991

- Temperature above 100.5°F or chills/shakes
- Stomach pain that does not go away with rest or medication
- Bleeding excessively (soaking pad every hour)
- Foul smelling vaginal discharge
- Burning or pain urinating
- Leg swelling, pain or redness