

Discharge Instructions: Total Laparoscopic Hysterectomy with or without BSO*

What To Expect

- Your doctor has made incision(s) in your lower abdomen. The incisions are covered with skin glue (Dermabond®). This creates a protective barrier over the wound and no dressings are needed.
- You may have some soreness and bruising around the incision sites.
- You may have some abdominal cramping and bloating.
- You may have some vaginal soreness and a small amount of vaginal bleeding or discharge. Spotting may persist for a couple of weeks as the internal stitches heal and dissolve.
- Carbon dioxide (CO₂) was used to inflate your abdomen during your procedure. As it wears off, this gas rises inside your body. This may cause sharp pains in your abdomen, shoulder or neck.
- If you had both ovaries removed and have yet gone through menopause, you may have hot flashes and sweats after surgery because of the rapid decrease of the hormone, estrogen. If these symptoms are bothersome please discuss treatment options with your doctor at your follow-up visit.

Wound Care

- You may shower the day after surgery but do not soak incisions under water for 6 weeks. No soaking means no tub bathing, swimming, or hot tubs.
- Allow soap and water to come in contact with your incisions and pat dry with a clean towel. Do not scrub the incisions.
- Keep the incisions clean and dry.

Restrictions

- Do not lift anything heavier than 10 pounds for 6 weeks.
- No strenuous activity for 6 weeks. Walking and going up and down stairs is OK.
- Absolutely nothing in the vagina (sex, douching, tampons) for 6 weeks.
- No driving until after your first postoperative visit in the GYN Center.

* BSO: Bilateral Salpingo-Oophorectomy – removal of both ovaries and fallopian tubes

Pain Control

- Ibuprofen (Advil®/Motrin®) and acetaminophen (Tylenol®) are over-the-counter pain medicines that work very well for pain control. Please take as directed on the bottle.
- **The maximum daily dose of acetaminophen is 4000 milligrams.** Check all medication labels. Acetaminophen may be an ingredient in over-the-counter and prescription medications.
- You can take 600 mg of ibuprofen (Advil®/Motrin®) every 6 hours or 800 mg every 8 hours. Please take it with food and a tall glass of water.
- You may alternate the ibuprofen and acetaminophen every 3 to 4 hours if needed.

Diet

- You may resume your previous diet. We recommend you begin with lighter foods and if that does not upset your stomach, progress to a regular diet.

Call Us If...

- you have any unexpected or increased bleeding
- you vomit whenever you try to eat or drink
- you have severe abdominal pain that is not relieved with pain medication
- you have a fever greater than 101°F (38.3°C) or a fever with chills
- you have increasing redness, pain, swelling, or purulent (thick, pus) discharge from your incisions
- you have swelling, numbness, or discoloration in your arm(s) or leg(s)

Follow Up Care

- You should be scheduled for a follow up appointment in the clinic about 2-4 weeks after surgery.
- Driving restrictions will be lifted as long as no significant pain issues remain.
- You will receive the final pathology report at this visit and discuss any further recommendations or treatments.
- Remember, the sutures (stitches) used during your surgery will dissolve. They do not need to be removed.
- Since this appointment is very important, please contact the GYN Center if you do not have one scheduled or if you need to change the date and/or time.

Questions or Concerns

If you have any questions or concerns, please contact the GYN clinic at **716-845- 5855** between the hours of 8:00 a.m. and 5:00 p.m. on weekdays. Nights, weekends, and holidays, please call **716-845-2300** and the Call Center staff will assist you.