



Post Op Instructions

Incisions will be covered with a surgical skin adhesive. This area can get wet, but do not scrub or pick the adhesive off the incision.

You may shower the day following your surgery.

No heavy lifting. (Nothing over 10 pounds)

No driving for 2 weeks (unless otherwise instructed) or while on narcotic pain medication.

Complete vaginal rest until after your first post op appointment.

Constipation:

- Constipation is a side effect of narcotic pain medication. Alternate narcotic pain medication with Motrin 800mg to help manage your pain and decrease constipation.
- Eat foods with high fiber content: carrots, greens, peas ,beans, sweet potatoes, apples, apricots, pears, oranges, mangos
- Increase /Use fiber supplements and stool softeners.
- You can use Milk of Magnesia or Miralax to help with constipation.
- Do not go more than 3 days without a bowel movement.

- Take 1 tablespoon of Miralax daily until your first post op appointment to help avoid any constipation issues.

Call the office or go to the ER for evaluation:

- If you have a temperature above 101.5 degrees. If you have a temperature below 101.5 degrees, you may use Tylenol as directed.
- If your incision has opened, become increasingly red, or had new and increasing drainage.

Please call our office if you have any questions.

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