Gynecological Surgery
Post operative

Recovery from surgery requires rest, eating well and moving. If you had more involved surgery your recovery time may be longer. Please check with us if you have any questions.

Diet
- Eat a well-balanced diet.
- Drink lots of fluids (2 quarts per day if possible).
- If you are on vitamins, you may continue these.
- Iron supplements may be needed if your blood count has been low. We recommend over the counter iron supplements such as Iron tablets or Ferrous Sulfate, 1 tablet per day. The iron would be better absorbed if you take it with vitamin C or citrus juice.

Bowel Movements
- Constipation may cause straining. Bulk or fiber in the diet with a lot to drink will keep you from becoming constipated.
- You may take Colace or Milk of Magnesia purchased over-the-counter at the pharmacy. Use as directed.

Incision Care and Bathing
- You may shower right away. Getting in and out of the tub may be difficult. If you choose a tub bath, be careful doing this.
- You may use any antibacterial soap.
- You may use soap and water on your staples or sutures, then pat the area dry with a towel and leave them uncovered and open to the air.
- Do not douche.
- You will need to come back to the office to have staples removed.
- Sutures dissolve on their own. We will let you know if you need to do this before discharge.

Sexual Activity
- No sexual activity until after your first post-op follow up visit.
- After the first follow up visit to the doctor, use contraception during sexual activity.
- If you had a sterilization or hysterectomy, wait until you are healed and feel ready to have sex.
Returning to Work

- Some surgeries require only a day or two while others require 4-6 weeks of recovery.
- Know your own sick leave policy and provide us with ‘return to work’ forms before the surgery if possible. If you are uncertain about how much time you need then check with us.

Normal expectations

- Some vaginal bleeding and/or discharge is normal. This should be like a period or lighter.
- The odor should be like a normal period.
- Mild pain is normal.

Reasons to call the office

- Chills and fever (greater than 100 ° F)
- Heavy or unusual vaginal bleeding or discharge with a bad odor
- Painful or difficult urination
- Redness or pain in either leg
- Nausea or vomiting
- Chest pain or cough
- Breast pain with redness or red streaks
- Continued vaginal pain with increasing tenderness
- Redness, puffiness or pus from an incision or episiotomy

Your health and recovery are important to us. Please call us if you have any questions or concerns.

Call the office when you get home to set up the first appointment after surgery:

Dr. Howard Weinstein
(315) 635-1573 or (315) 492-2520