Post Operative Instructions- Same Day Surgery

After being discharged from the hospital for your surgery, there are a few restrictions to observe in your daily routine.

1) No lifting heavier than a _____ : □until post operative visit
   □until return to work
2) Nothing inside your vagina until released at postoperative visit (no tampons/intercourse)
3) Vaginal bleeding: □A small amount of pinkish drainage may be normal
   □bleeding may be light to moderate with some cramping.
   □ watery discharge for two weeks
4) No driving for twenty four hours. You will not be able to drive at any time while taking narcotic pain medication.
5) Post operative pain is expected, however, if pain becomes more severe or changes in character, please contact the office as soon as possible.
6) Pain medication can cause nausea, especially on an empty stomach. Please be sure and take pain medication with food. If nausea and vomiting is experienced after using these measures, please contact the office.
7) Any urinary frequency or burning/pain with urination can be a sign of a urinary infection, please contact the office.
8) Please report any fever 100.8 or greater, or incision redness or drainage.
9) For Interstim Modulator Placement (stage I), sponge baths only-do NOT IMMERSE in water or get dressing wet.

Please call immediately for any chest pain, shortness of breath, or leg pain as these can be signs of a blood clot.

You will have a _____ week appointment made at your preoperative visit. It is very important that you keep your appointment but we need to hear from you for any concerns prior to your visit.

Dr Lori Fulton, OB-GYN **Shari Jones, FNP-BC**