



**INSTRUCTION SHEET
C-SECTION, HYSTERECTOMY &
EXPLORATORY SURGERY POST-OP**

Obstetrics & Gynecology

Highland: (909) 862-1191

Redlands: (909) 793-3311

**Post-Operative Instructions for C-Section,
Hysterectomy & Exploratory Surgery**

Do:

- Keep your post-operative checkup appointment as scheduled.
- Avoid constipation: eat high fiber, prunes or drink prune juice daily. Take Colace 100 mg.
- Take medications as prescribed by your physician.
- You may shower, but don't rub the incision.
- Avoid strenuous activity at home; you may wash dishes and do light cooking only.
- You may take 1-2 tablets of Tylenol every 4 hours for pain, or 600 mg of Motrin (ibuprofen) every 6 hours, or pain medication as prescribed by your physician.
- You may drive a car after being home for 2 weeks if the incision is healing without problems.
- You may be a passenger in a car for short trips only after being home 1 week.
- You may begin to exercise in moderation after your 6 week checkup and your physician gives you the OK.
- Eat a balanced diet. Drink at least 6 glasses of fluids a day.
- Rest frequently; take a nap each day for 1-2 hours the first 2-3 weeks after going home.

Do Not:

- No tampons, douching or intercourse for 6 weeks.
- No heavy lifting (over 15 pounds) for 6 weeks and a checkup with your physician.
- No exercising other than walking or usual light household activity for 6 weeks.
- No long trips by car until approved by physician.

More Instructions on Back Side

Normal Course After Surgery

- Incision may be tender for 3-4 weeks, but usually no drainage.
- You may have vaginal bleeding/discharge for up to 5-8 weeks.
- You may have slight headaches for 3-4 weeks.
- You may have aches in pelvic area for 3-4 weeks.
- You may have swelling around the rectum or vagina for 2-3 weeks.
- You may have pressure when urinating or frequent urination.
- You may be very tired and easily fatigued for the first 3-4 weeks.
- You may have slight depression, moodiness, irritability, or rare hot flashes for a few weeks.
- You may have numbness (loss of feeling) around the incision for 12 weeks or longer.
- Expect swollen legs after a cesarean (dependent swelling).

Danger Signs - Call OB/GYN If They Occur:

- A fever of more than 100.4.
- Heavy bleeding, more than a normal period.
- Severe pain, unrelieved by normal medication.
- Shortness of breath, difficulty breathing or chest pain.
- Painful or burning urination.
- Severe back pain.
- Painful swelling or redness in legs.
- Drainage or pus from the wound.
- Foul smelling vaginal discharge.