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POST OP INSTRUCTIONS

Please make an appointment to return to the office in 1-1.5 weeks after your discharge from the hospital. At that time, your incisions will be examined, the lab results from the hospital will be reviewed (if there are any unexpected findings, you will be called as soon as the results are available).

When you leave the hospital you will still be sore and tired from surgery. Every day you will feel better. At home, you should be taking advantage of any help you may have to continue to be off of your feet and resting when you need. You do not need to stay in bed, and may take short walks and do light chores as needed. Most people are fatigued after surgery, and need to take naps during the day. This is from an expected amount of blood loss during any procedure, pain medications you may be taking, and a side effect of the healing going on inside your body. If your discomfort is increasing during your day, stop what you are doing and rest. You may increase your activities as tolerated. Remember that your incisions have not returned to full strength until six weeks post surgery-

You may remove any band aids covering incisions, and shower or bathe as usual Dry over the incisions thoroughly. You do not need to apply new band aids, although you may if you wish. (Sometimes incisions are irritated by pants or underwear rubbing on them.)

You may be on pain medications with narcotics (Percocet, Vicodin, Tylenol 3). These medications are constipating and you should be taking a stool softener like Colace (found over the counter), in addition to drinking lots of water, and eating a generous amount of fruit and vegetables. (Normally, you should be taking in five to nine servings a day!)

If you have stopped smoking for surgery----congratulations! Try to keep this up!!!

Please call if you:

- have a fever greater than 100.4 degrees by mouth at least two times, four hours apart
- are unable to urinate, or have increasing pain with urination
- if your pain level is increasing despite taking your prescribed medication as directed and you have been resting
- light vaginal bleeding is common after surgery, bleeding like a period is not, and you should let us know if this is happening
- have trouble breathing
- have diarrhea
- are concerned about any new symptoms that have occurred since your discharge

You may speak to Patty Hastings, the nurse practitioner, or another physician on call. You may be asked to return to the hospital for evaluation. Sometimes this is more efficient than being seen in the office, especially if you need xray studies and lab work. As a policy, covering physicians will not refill medications.