

## Post-Op Instructions/After Surgery

Below are Dr. Roberts postoperative care instructions for all OBGyn surgeries. Please contact Dr. Roberts or her office with any questions and concerns you may have.

Any prescriptions will be sent electronically and on the day of surgery, unless told otherwise. Prescription/s should be available for pickup on your way home from the hospital or surgery center.

Most patients are able to be discharged home the same day and do not require an overnight stay in the hospital unless told otherwise during the preop visit or after the completion of the surgery.

Some reasons that can cause a patient to not go home the same day are:

- Poor pain control
- Difficulty voiding
- Complication during the procedure
- Difficult recovery from anesthesia

\*This EXCLUDES C-SECTION – 2-3 day stay needed.

## Davinci Robotic and Abdominal procedures ([hysterectomy](#), cesarean section, etc.)

- Please schedule a 2 week postop visit.
- You should avoid strenuous activity and may increase activity as your body allow, but I recommend light duty, no heavy lifting, etc. for the first 2 weeks until you are seen for your first postop visit.
- You should avoid driving for about a week and/or until you are weaned off narcotic pain medication.
- You may take a shower. Bathing should be avoided until seen for your 2 week postop visit. You should avoid vaginal intercourse, douching or tampons until after the follow-up appointment.
- You should keep the incision dry and may use a cool blow-dryer to help and/or place a pad or gauze to facilitate this if need be.
- Take the prescribed pain medications per Dr. Roberts' instructions. In general, take these medications with food.
- Some patients may experience post-surgical constipation from the anesthesia. If this occurs, you may take Milk of Magnesia, MiraLAX or Colace twice a day.
- If the incision/s has suture, skin glue, or steri strips, there is no definite need to remove/peel this off; some peeling may occur, and if so, feel free to go ahead and remove. If not, you can wait to let me examine the area at your 2 week postop check and provide more instruction at that time.
- Call our office at 512-383-9752 if you have a fever greater than 100.4, pain not controlled by the prescribed medications, severe nausea or vomiting, redness surrounding the incision/s, heavy drainage from the incision/s, heavy vaginal bleeding, or any other concerns during recovery.

\*For c-sections:

If the incision was closed with staples or you have a Prevena wound vac in place, an appointment for removal should be made for 3-5 days after discharge home unless removal occurred prior to your discharge home. This can be a NURSE only visit.

From the University of Colorado OB-Gyn webpage - <https://obgyn.coloradowomenshealth.com/services/surgeries/pre-op-and-postoperative-care>. Modified and updated by Dr. Crystal Roberts, #DocWhoListens, 10/2/21 for patient education purposes only.