

# 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

## Laparoscopic (including Davinci Robotic) procedures

- Please schedule a 2 week postop visit.
- Some patients may have bloating and abdominal and right shoulder pain in the first 24-48 hours. The symptoms will often subside if you lie flat.
- You should avoid heavy lifting and other strenuous activity for 7-10 days after surgery and avoid driving until weaned off narcotic pain medications.
- You should take showers only and should avoid vaginal intercourse, douching or tampon use until after the 2 week follow-up appointment.
- 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.
- 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 or any other concerns during recovery.

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.