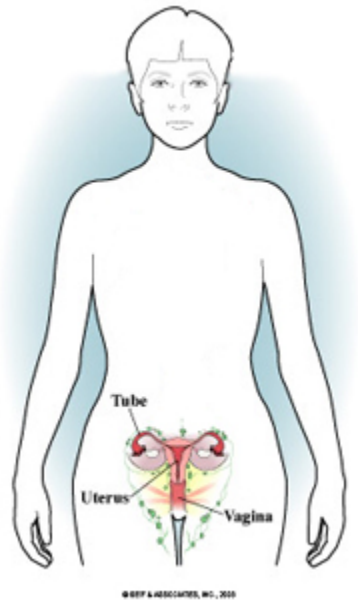
Bilateral Salpingo-Oophorectomy
(Removal of Tubes and Ovaries)
Care After Surgery

Please read the instructions outlined below. Refer to this sheet for the next few weeks. These instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable problems may occur. If you have any problems or questions after you leave, call your caregiver.



HOME CARE INSTRUCTIONS

- Only take over-the-counter or prescription medicines for pain, discomfort or fever as directed by your caregiver.
- **Do not** take aspirin. It can cause bleeding.
- **Do not** drive when taking pain medication.
- Follow your caregiver's advice regarding diet, exercise, lifting, driving and general activities.
- You may resume your usual diet as directed and allowed.
- Get plenty of rest and sleep.
- **Do not** douche, use tampons, or have sexual intercourse until your caregiver says it is OK.
- Change your bandages (*dressings*) as directed.
- Take your temperature twice a day and write it down.
- Your caregiver may recommend showers instead of baths for a few weeks.
- **Do not** drink alcohol until your caregiver says it is OK.
- If you develop constipation, you may take a mild laxative with your caregiver's permission. Bran foods and drinking fluids helps with constipation problems.
- Try to have someone home with you for a week or two to help with the household activities.
- Make sure you and your family understands everything about your operation and recovery.
- **Do not** sign any legal documents until you feel normal again.
- Keep all your follow-up appointments.

SEEK MEDICAL CARE IF:

- There is swelling, redness or increasing pain in the wound area.
- Pus is coming from the wound.
- You notice a bad smell from the wound or surgical dressing.
- You have pain, redness and swelling from the intravenous site.
- The wound is breaking open (the edges are not staying together).
- You feel dizzy or feel like fainting.
- You develop pain or bleeding when you urinate.
- You develop diarrhea.
- You develop nausea and vomiting.
- You develop abnormal vaginal discharge.
- You develop a rash.
- You have any type of abnormal reaction or develop an allergy to your medication.
- You need stronger pain medication for your pain.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop an unexplained temperature above 100º F (37.8º C).

- You develop abdominal pain.
- You develop chest pain.
- You develop shortness of breath.
- You pass out.
- You develop pain, swelling or redness of your leg.
- You develop heavy vaginal bleeding with or without blood clots.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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