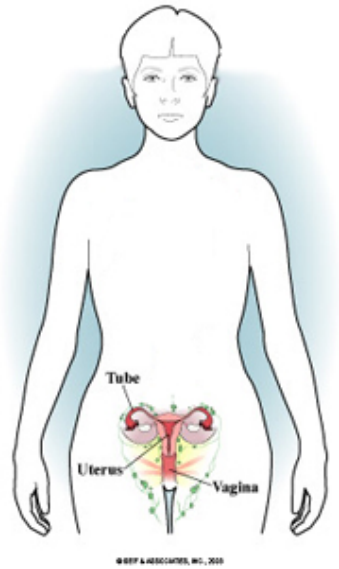
Hysterectomy
Care After Surgery

During a hysterectomy, the doctor takes out your uterus (*womb*). The doctor may also take out your ovary or ovaries. After a hysterectomy, you will no longer have menstrual periods or be able to get pregnant. If your ovaries were taken out, your doctor may want you to take hormones.



HOME CARE

- Only take medicine as directed by your doctor. **Do not** take aspirin. It can cause bleeding.
- **Do not** drive when taking pain medicine.
- Resume normal diet and activities as directed by your doctor.
- Get plenty of rest and sleep.
- **Do not** douche, use tampons, or have sex until approved by your doctor.
- Change your bandages (*dressings*) as directed.
- Take your temperature 2 times a day. Write it down.
- Take showers instead of baths for a few weeks or as directed.
- **Do not** drink alcohol until approved by your doctor.
- Take a mild laxative as directed by your doctor if you become constipated. Try eating bran foods and drinking fluids to help with this problem.
- Have someone with you for 1 to 2 weeks after your surgery to help with things around the house.
- Make sure you and your family understand your operation and recovery.
- **Do not** sign important papers until you feel normal again.
- Keep your follow-up visits as directed by your doctor.

GET HELP IF:

- There is puffiness (*swelling*), redness, or more pain in the wound area.
- Fluid (*pus*) is coming from the wound.
- There is a bad smell coming from the wound area.
- You have puffiness, redness, or pain in the IV site.
- The wound pulls apart.
- You feel dizzy or like you are going to pass out (*faint*).
- You have pain or bleeding when you pee (*urinate*).
- You have watery poop (*diarrhea*).
- You feel sick to your stomach (*nauseous*) or throw up (*vomit*).
- You have fluid (*discharge*) coming from your vagina.
- You get a rash.
- You have a reaction to your medicine.
- You need stronger pain medicine.

GET HELP RIGHT AWAY IF:

- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- You have belly (*abdominal*) pain.
- You have chest pain.
- You have shortness of breath.
- You pass out.

- You have puffiness, redness, or pain of your leg.
- You have heavy bleeding from your vagina, with or without clots.

Document Released: 03/14/2011
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