

# Laparoscopic-assisted Vaginal Hysterectomy

## After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

## Your Surgery

Your surgeon will use a laparoscope (thin, lighted tube) to remove your uterus, fallopian tubes, and, possibly, your ovaries through your vagina (birth canal).

## Before the Surgery

- Tell your health care provider if you:
  - are pregnant
  - have a latex allergy
  - have diabetes
  - take a blood-thinner medicine.
- Remove any jewelry or piercings.

## Your Incision

- Steri-Strips® (paper-like tape) may have been placed on your incision. They can get wet in the shower. You may peel them off after 7 days.
- Follow any directions your health care provider gives you.

## What To Expect After Surgery

The following surgery side effects are normal and should not cause you worry:

- aches and pains around the incision site (The doctor will give you a prescription for pain medicine.)
- aches in your shoulders and upper chest likely caused from gas used during surgery (You can expect to feel these aches for up to 48 hours.)
- slight oozing of blood or watery discharge from the incision
- bruising on your abdomen
- puffy feeling in your abdomen for 1 to 2 weeks
- slight vaginal bleeding.

## Pain Relief

- Take any prescription or over-the-counter medicine as directed.

## Activity

- Slowly return to your regular level of activity. Rest as needed.
- Talk with your health care provider about when it is OK to drive.
- Follow your health care provider's directions for how much you can safely lift.
- Don't have sex until your health care provider says it is OK.

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- You may shower. (You may take a tub bath after one week.)
- Use pads for vaginal bleeding.
- Do not use tampons or douches.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

## Food and Beverages

- Eat well-balanced meals. Follow any instructions your doctor gave you.
- Drink more fluids.
- Avoid alcohol while you are taking prescription pain medicine.

## When To Call Your Health Care Provider

Call your health care provider if you have:

- a temperature of 101 F or higher
- increased pain or tenderness that can't be relieved with rest or pain medicine
- swelling or redness at the incision
- any of these at your incision:
  - red
  - more tender
  - increased drainage
  - signs of infection: pain, swelling redness, odor, warmth, green or yellow discharge)

- bright red vaginal bleeding that soaks one pad or more an hour (It is normal to have some vaginal discharge for several weeks. It may vary in color from red to pink to brown to tan.)
- nausea (upset stomach) or vomiting that won't stop
- hives (itchy, raised rash)
- new swelling in your legs
- problems breathing
- chest pain that gets worse with deep breathing or coughing
- any change in movement (such as new weakness or inability to move as usual)
- problems urinating
- pain or burning when you urinate
- any questions or concerns.

## Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.