



HIGHLAND CLINIC

THE WOMEN'S CLINIC

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POSTOPERATIVE INSTRUCTIONS

You must remember that even though you have been released from the hospital, you still need a lot of care following your surgical procedure. You need a regular diet, plenty of rest and especially, ten hours of sleep a night.

For the FIRST week you are home, you should continue to get as much bed rest as you did in the final days of your hospital care. You must not assume any household duties. Gradually increase the amount of time you are up in a chair and up for meals.

During your SECOND week at home, you may be up and out of the bed more and more. Bed-rest may be limited to a couple of hours after each meal and eight or ten hours of sleep at night. Begin outside walks (if the weather is acceptable) for short distances at first, increasing this to a comfortable distance.

In your THIRD week at home, you may begin to do light household tasks such as cooking breakfast and other light kitchen work. Unless instructed otherwise, you can drive as soon as you can react quickly without discomfort.

Until you have been seen in the office for the first postoperative visit, you should not do any heavy lifting, should not douche or indulge in sexual relations.

If any problems should arise or you have any questions, please do not hesitate to call the office and talk with us. REMEMBER that it is much easier to take care of a condition when it first develops.

Do not allow yourself to become constipated during the periods of inactivity. This can best be prevented by drinking plenty of water (6-8 glasses per day) and taking a mild laxative such as Citrucel.

You may bathe or shower the day after discharge from the hospital unless instructed otherwise.

SUMMARY OF ACTIVITIES ALLOWED DURING HOME RECOVERY

FIRST WEEK

Bed Rest
Up for Meals & Toilet
Some Short Indoor
Walking

SECOND WEEK

Sitting in a Chair
Frequent Indoor Walking
Short OUTDOOR Walks

THIRD WEEK

Light House Chores
Possibly Drive Car
Longer outdoor walks
Trips to Store, with NO
carrying or lifting of
heavy objects.