St.Vincent
GYNECOLOGIC ONCOLOGY

Home Care After Your Gynecologic Surgery

Your doctor or nurse will talk to you about what to do when you go home. This is a reminder of what you can and cannot do. It is important to get plenty of rest at home and not overdo it. As you resume your usual activities, expect to tire easily. It is okay to become tired but avoid exhausting yourself.

☐ **Care of Incision**

- Once you get home, remove clear dressing
- Keep area clean and dry.
- May cleanse area with hydrogen peroxide diluted with water (50:50 ratio) - use moistened Q-tip and clean incision.
- Expected drainage: Clear yellowish/clear red drainage from abdominal incision and vaginal area.

☐ **Call your doctor if you have any of the following problems:**

- Redness, pus, swelling, or more than usual tenderness from incision.
- Temperature of 101° F or higher
- Heavy vaginal bleeding, saturating 2-3 pads in 1 hour
- Foul smelling vaginal drainage
- Disturbing emotional reactions such as severe mood swings or depression.

☐ **Limit your activities for 4-6 weeks**.

- No heavy lifting of more than 20 lbs.
- No strenuous activities or exercises.
- No driving for 2 weeks (you may ride in a car for a short trip).
- Walk up and down steps one step at a time/ or with help.
- Regular walks are encouraged.
- Showers are okay (pat incision dry).

☐ **Put nothing in your vagina until you see the doctor**.

- No douche
- No sexual intercourse
- No tampons

☐ **You may do light housework**

- Wash dishes
- Help with cooking
- Light cleaning such as dusting. No vacuuming for 2 weeks post op.

☐ **It takes approximately 2-3 weeks to get your final pathology report. Once it has been reviewed, you will receive a call to discuss your path report and schedule your postoperative appointment with Dr. Georgianne Linnemeier or Nicole Flanders, PA-C.**

**** *NOTE*: If you have staples, they must be removed 10-14 days postoperatively. You can schedule this appointment with our office or your local doctor.**