
Discharge Instructions for Abdominal Hysterectomy

You had a procedure called abdominal hysterectomy, a surgery to remove your uterus. This can relieve problems such as severe pain and bleeding. It usually takes 4 to 6 weeks to recover from abdominal hysterectomy. Remember, though, that recovery time varies by person.

Home care

These are suggestions for what to do once you are home:

- Don't drive until your healthcare provider says it's OK. Don't drive while you are still taking opioid pain medicine.
- Ask others to help with chores and errands while you recover.
- Don't lift anything heavier than 10 pounds for 6 weeks.
- Don't vacuum, do other housework, or any strenuous activities until the healthcare provider says it's OK.
- Walk as often as you feel able.
- When you must climb stairs, go slowly and pause after every few steps.
- Continue the coughing and deep breathing exercises that you learned in the hospital.
- Avoid constipation:
 - Eat fruits, vegetables, and whole grains.
 - Drink 6 to 8 glasses of water a day, unless directed otherwise.
 - Use a laxative or a mild stool softener if your healthcare provider says it's OK.
- Shower as usual. Wash your incision with mild soap and water. Don't scrub the incision to clean it. Pat it dry.
- Don't use oils, powders, or lotions on your incision.
- Don't put anything in your vagina until your healthcare provider says it's safe to do so. Don't use tampons or douches. Don't have sex. Don't do any of these things for 6 weeks.
- If you had both ovaries removed, report hot flashes, mood swings, and irritability to your healthcare provider. There may be medicines that can help you.

Follow-up

- Ask your healthcare provider when you can return to work.

When to call your healthcare provider

Call your healthcare provider right away if you have any of the following:

- Fever above 100.4°F (38°C)
- Chills
- Bright red vaginal bleeding or vaginal bleeding that soaks more than 1 pad per hour
- A smelly discharge from the vagina
- Trouble urinating or burning when you urinate
- Severe pain or bloating in your abdomen
- Redness, swelling, or drainage at your incision site
- Shortness of breath or chest pain
- Pain or swelling in your legs
- Nausea and vomiting