

## After Your Surgery

We have provided these post-operative instructions online for the convenience of patients of Dr. Paul Morrison. If you are not a patient of Dr. Paul Morrison, please refer to the post-operative instructions provided by your physician.

### Diet:

- Begin with liquids and light foods (Jell-O, soups, etc.) and progress to your normal diet as tolerated. Drink plenty of fluids.
- No alcoholic beverages for 24 hours. Refrain from tobacco.

### Activities:

- **DO NOT** make important personal or business decisions or sign legal documents for 24 hours.
- **DO NOT** drive or operate hazardous machinery for 24 hours.
- Limit your activities for 24 hours. **DO NOT** engage in sports, heavy work or heavy lifting until Dr. Morrison gives you permission.
- Avoid strenuous exercise for at least one week.
- Avoid douching, tampons and intercourse or anything in the vagina until you are cleared by Dr. Morrison.
- When taking pain medications, be careful as you walk or climb stairs. Dizziness is not unusual. **DO NOT DRIVE OR DRINK ALCOHOL WHILE TAKING PAIN MEDICINE.**
- You may resume normal activities when instructed by Dr. Morrison.

### Wound Care:

- Keep your bandages or dressing dry for 24 hours. Take showers for the first week after your surgery. After that time, you may take either showers or tub baths.
- You may experience bleeding for 3-4 weeks after vaginal surgery.
- A small amount of bright, red blood is to be expected. Do not be alarmed. If you feel the amount is excessive, call us.
- If you observe swelling, redness, warmth or discoloration of your incision, call us.

### Special Instructions:

- Call us at 490-5200 (during or after office hours) if you experience any of the following:
  - Temperature greater than 100.4 degrees.
  - Increased bleeding. Do not be concerned unless it becomes heavier than your “normal-heavy” period or you pass large clots.
  - Increased pain. Use prescription pain medication as directed to relieve this discomfort. Report any pain not relieved by pain medication.
  - Redness, swelling or discharge from your incision.
  - Foul-smelling vaginal discharge.
  - Any problem occurs.

After you are home, a nurse will call to check your progress. If you have any questions or concerns, call our office. If you believe you need immediate attention, go to the emergency room or call 911.