



After Your Surgery

For gynecology oncology patients

This handout for gynecology oncology patients at University of Washington Medical Center (UWMC) and Seattle Cancer Care Alliance (SCCA) gives important instructions to follow after having surgery.

Activity

- Do not lift anything that weighs more than 10 pounds or do any heavy housework for 6 weeks.
- After 3 to 4 weeks, slowly start to increase your activity.
- Do **not** drive while you are taking prescription pain medicine. You may drive after you have stopped taking prescription pain medicine and you feel you can brake and turn safely.
- Remember that weakness, fatigue, and some pain are normal after surgery. These symptoms may last for 4 to 6 weeks.



Most patients have a follow-up exam about 3 to 6 weeks after their surgery.

If You Had a Hysterectomy

For 6 weeks after your hysterectomy:

- Do **not** put anything in your vagina. Do not have intercourse, douch, or use tampons.
- Do **not** take a bath, soak in a hot tub, or go swimming.

When to Call Your SCCA Clinic Nurse

Call your SCCA clinic nurse at **206-288-2025** if you have any of these symptoms:

- Fever or chills
- Discharge from your incision
- Increased bleeding from your vagina – if it is more than just spotting, or if it lasts longer than 2 weeks

- Foul-smelling discharge from your vagina or incision
- Increasing pelvic pain that is not eased by pain medicine or by resting
- Burning or pain when you urinate

Pain Medicine

You will receive a prescription pain medicine and a non-prescription pain medicine at discharge. You may need to alternate these for several days after surgery.

The prescription pain medicine will make you sleepy and cause constipation. Because of these side effects, move toward using mostly the non-prescription pain medicine as soon as you can.

If you need a refill for the prescription pain medicine, call the SCCA Clinic several days before you run out. The prescription pain medicine refill cannot be called in to your pharmacy. SCCA must mail the medicine to you, or you can pick it up at the clinic in person.

Follow-up Exam

You will likely need a follow-up exam by your doctor, their assistant, or a nurse practitioner. This exam is usually done 3 to 6 weeks after surgery, but your timing will depend on the type of surgery you had. This information will be given to you when you are discharged from the hospital.

Please call **206-288-6200** to schedule your follow-up exam.

Paperwork

Please forward any requests for Family and Medical Leave Act (FMLA), employment disability forms, or return-to-work letters to the nurses' office. You may fax them to 206-288-1098, or bring them with you to your follow-up visit.

Gynecology Oncology Phone Numbers

SCCA Clinic Nurses:
206-288-2025
Fax: 206-288-1098

SCCA Follow-up Visits:
206-288-6200

Social Work:
UWMC: 206-598-4395
SCCA: 206-288-1082

**SCCA Patient
Navigator:** 206-288-6665

Financial Services:
UWMC: 206-598-4320
SCCA: 206-288-1113

**SCCA PCCs, Intake, and
Surgery Scheduling:**
206-288-2273

SCCA Pharmacy:
206-288-6500

7-Southeast Unit, UWMC:
206-598-4818

**Urgent after-hours paging
operator at UWMC:**
206-598-6190 – Ask for the
gynecology oncology
resident on call to be
paged.