Discharge Instructions

Leaving the hospital after vaginal or abdominal surgery

Clinic hours are weekdays, 8 a.m. to 5 p.m. Call 206-598-5960.

After hours and on weekends and holidays:

- If you are a patient of Dr. Michael Fialkow or Dr. Gretchen Lentz, call 206-598-6190 and ask for the Gynecology Resident on call to be paged.
- If you are a patient of Dr. Jane Miller, call 206-598-6190 and ask for the Urology Resident on call to be paged.

After Vaginal Surgery

- Do not put anything into your vagina for 12 weeks or until your doctor has examined you and tells you it is OK. This includes having sexual intercourse, using tampons, and douching.
- Do not lift anything that weighs more than 10 pounds for 12 weeks. Do not vacuum, rake leaves, or do anything that makes you “grunt.”
- You can shower at any time. But, do not take a bath, swim, use a sauna, or soak in a hot tub for 4 weeks unless your doctor tells you it is OK.
- Do not drive while you are taking prescription pain medicine.
- Call your doctor if you have:
  - Fever higher than 101.4°F (38.5°C)
  - Nausea or vomiting
  - Pain that is not controlled with oral pain medicine
  - Bleeding that soaks through 1 or more pads an hour for at least 2 hours
  - Frequent urination
  - Difficulty urinating and emptying your bladder completely
  - Problems with constipation after trying the tips in the handout about constipation

Call your doctor if you have any of the symptoms listed here after your surgery.
After Abdominal Surgery

- Do not have sexual intercourse for 12 weeks.

- For the first 6 weeks after surgery, do not lift anything that weighs more than 5 pounds. For the next 6 weeks after that, do not lift more than 10 pounds. Do not vacuum, rake leaves, or do anything that makes you “grunt.”

- Keep your incision dry for 72 hours. After that you can shower any time. Do not take a bath, swim, use a sauna, or soak in a hot tub for 4 weeks unless your doctor tells you it is OK.

- Do not drive while you are taking prescription pain medicine.

- Call your doctor if you have:
  - Fever higher than 101.4°F (38.5°C)
  - Vaginal bleeding
  - Increased pain
  - Redness or drainage from your incisions
  - Problems with constipation after trying the tips in the handout about constipation

Questions?

Urology and Urogynecology Clinic
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