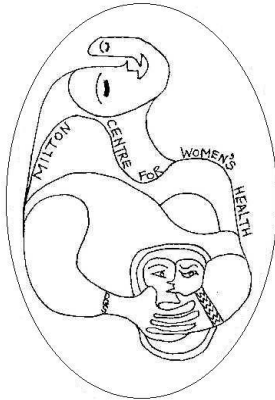

Milton Centre for Women's Health



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POST GYNECOLOGY: HYSTERCTOMY DISCHARGE INSTRUCTIONS

1. If you have an (or a few small) abdominal incision(s), you will be given a bandage(s) to cover it (them). Please leave it (them) in place for 24 hours.
2. You may notice steri-strips (small white pieces of tape) after removing the bandage. Leave these on for approximately 5 days. If they come off before then, do not worry.
3. You may bathe or shower, regardless of whether you have had an abdominal or vaginal procedure.
4. Gradually increase your level of activity and stop when you feel tired.
5. Abstain from sexual intercourse until you have seen your physician for your post-operative appointment, unless otherwise advised.
6. Drive your car when you feel comfortable doing so.
7. You may use Tylenol Plain, Extra-Strength Tylenol or the pain medication prescribed by your physician for your discomfort.
8. Contact your physician by phone when you return home for your follow-up appointment (usually within 4-6 weeks from the date of your surgery).