

## **Post Operative Guidelines – Minimally Invasive or DaVinci Robotic-assisted Surgery**

### **What to expect:**

It is normal to have light vaginal bleeding or spotting for up to 6 weeks.

Avoid heaving lifting of more than 10-15 lbs. or abdominal straining for 6 weeks.

It is normal for your bowels to take time to return to normal. You may not have a bowel movement for several days. Drink plenty of fluids and take the stool softener as prescribed. Milk of Magnesia may be used if you become uncomfortable.

You may shower normally. Avoid tub baths for 4 weeks. Keep the incisions clean and dry. The steri-strips will fall off after one to two weeks.

You may drive when you feel ready and are no longer taking narcotic pain medications. This is usually one to two weeks after discharge. After one week you can resume most of your normal activities.

A prescription for pain medicine will be given to you at discharge. Most patients experience only minimal discomfort. Ibuprofen (Motrin or Advil) may also be useful for pain control in addition to or in place of the narcotic medicine. A heating pad on your abdomen may help also.

Intercourse, tampons, and douching should be avoided for a minimum of 4 weeks. Discuss with your provider prior to returning to intercourse.

In general, patients undergoing minimally invasive surgery should do well.

### **Notify our office if you experience any of the following:**

Painful swelling, increasing redness, or copious or thick drainage from the incisions

Fever greater than 100.4

Vaginal bleeding that soaks more than one pad per hour.

Persistent nausea or vomiting

Worsening abdominal pain

Calf pain or swelling in your legs, or shortness of breath