



ABDOMINAL SURGERY DISCHARGE INSTRUCTIONS

Please read these instructions carefully and ask your nurse to answer additional questions.

1. First week:

- a. Stay at home.
- b. You may take a shower.
- c. You may go up and down stairs slowly one step at a time.
- d. You may walk on a flat level surface without restrictions.
- e. Do not lift anything heavier than a gallon of milk.

2. Second week:

- a. Increase activity each day.
- b. You may ride in a car.

3. Third week:

- a. You may drive a car.
- b. You may travel.

4. Sixth week:

- a. Your post surgery visit will be scheduled near this time.
- b. You can normally plan to start all of your usual activities including lifting and exercise.
- c. You can normally return to work.

5. Do not have sex, douche or use tampons until after your six-week check up.

6. Drink at least 1/2 gallon (eight glasses) of fluid each day.

7. Bleeding after surgery is unpredictable. Do not become concerned unless it is heavier than a menstrual period. It should gradually taper off.

8. You may experience a pulling on one side or both sides of your incision. Use your prescribed pain reliever. If this is not effective, call 601-984-1000 and ask for the GYN doctor on call.

9. Notify your doctor for the following:

- a. temperature of 101.0
- b. redness around or drainage from your incision
- c. foul smelling or unusual vaginal discharge
- d. nausea and/or vomiting

10. If you have any questions, please call _____ or your doctor's office.

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