



## **ABDOMINAL HYSTERECTOMY**

### **DAY OF SURGERY**

**Day:** \_\_\_\_\_ **Date:** \_\_\_\_\_

#### **THINGS TO EXPECT TO DAY**

- You will be transferred from the Recovery Room to a room on one of the surgical floors.
- The nurse will be monitoring your vital signs (temperature, blood pressure, pulse rate and respirations) and checking for vaginal bleeding and the dressing over your incision.
- You may have a Sequential Compression Device (SCD) on your legs to prevent inflammation (phlebitis) and the formation of blood clots (thrombus) in your legs.
- Your nurse will help you turn from side to side.
- You will receive pain medication to make you comfortable.
- You may have a Foley catheter to drain urine from your bladder.
- Your nurse will explain how to do “peri care” which you should do after going to the bathroom.

#### **Things To Do Today**

Review the section on “While in the Hospital.” It will explain what to expect during your hospital stay.

- Use the incentive spirometer 10 times every hour while awake. In addition, do the coughing and deep breathing exercise every 2 hours while awake.

- Turn from side to side. If you need help, the nursing staff will assist you.
- Take your pain medication to make sure you are comfortable to increase your activity and do the coughing and deep breathing exercises. The nurse will ask you to rate your pain using the pain scale.

If you need anything, please ask.

### **DAY 1 AFTER SURGERY**

Day: \_\_\_\_\_ Date: \_\_\_\_\_

#### **THINGS TO EXPECT TODAY**

- You will have a blood test done in the morning.
- If you have a Foley catheter and IV may be removed today.
- You will be helped to get out of bed.
- You may receive a breakfast consisting of liquids. If you tolerate it, you will be able to resume your usual diet.
- Your pain medication may be changed to an oral form.
- The doctor and nurse will discuss the discharge plan with you. A social worker is available if needed.

#### **Things To Do Today**

- Read the section in your information packet on “Going Home.”

#### **Days:**

- Use the incentive spirometer 10 times every hour while awake. How high did you raise the ball? \_\_\_\_ Do coughing and deep breathing exercises every 2 hours.
- Get out of bed with the nursing staff’s help. Try to sit in the chair for 2 hours. Change your position frequently. You may be helped to walk around the room and in the hallway.
- Take your pain medication as needed to enable you to increase your activity. Remember the nurse will ask you to rate your pain before and after taking it.
- You should continue to do “peri care.”

### **Evening/Nights**

- Sit in the chair for dinner. Take a short walk in the hallway. Have a family member or friend walk with you.
- Use your incentive spirometer 10 times every hour. Do the coughing and deep breathing exercises every 2 hours while awake.
- Prepare for discharge the day after tomorrow. Who will accompany you? Name \_\_\_\_\_ Phone # \_\_\_\_\_ Speak with your nurse or social worker if you have any questions.

### **DAY 2 AFTER SURGERY**

**Day:** \_\_\_\_\_ **Date:** \_\_\_\_\_

<h3><b>THINGS TO EXPECT</b></h3>
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| <ul style="list-style-type: none"><li>• Since you are walking more, the SCD may be removed.</li></ul> |
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### **THINGS TO DO TODAY**

Review the “Going Home” section in your information packet. Make sure you read the section on “When to Call the Doctor.”

Write down any questions so you can remember to ask them.

**Day:**

- Sit in the chair for breakfast. Even if you are not hungry, try to eat. It is important for your recovery.
- Use the incentive spirometer 10 times every hour. How high did you raise the ball this time? \_\_\_\_\_ Do the coughing and deep breathing exercises every 2 hours.
- Walk in the hallway. Try to increase the distance you walk.
- Do you have any questions about resuming activities or when you need to return to the doctor? If so, write them down.
- You should continue to do “peri care.”
- You will be discharged tomorrow. Speak with your nurse or social worker if you have any concerns or questions.

### **Evening/Night:**

- Take your evening walk. Perhaps you can walk to the solarium for a change of scenery.

- If possible, have family members or friends take some of your belongings home today.
- Discharge time is \_\_\_ a.m. Confirm transportation home. Ask for your prescriptions.

If you need anything, please ask.

### **DAY OF DISCHARGE**

**Day:** \_\_\_\_\_ **Date:** \_\_\_\_\_

- Review and sign your discharge plan.
- You will be given any needed prescriptions.
- If you need to go home with a Foley catheter, care instructions will be provided

- Shower or wash up.
- Sit in the chair and have breakfast.
- Look at your incision so that you can report any changes to the surgeon.
- Make sure you have any needed prescriptions.
- Find out when you need to return for a follow-up visit.
- Review the discharge plan with your nurse and sign it. Ask any final questions.

