



REMOVAL OF OVARIES AND FALLOPIAN TUBES

DAY 1 AFTER SURGERY

Day:_____ **Date:**_____

THINGS TO EXPECT TODAY

- You will have a blood test done in the morning.
- The foley catheter may be removed today.
- You will be helped to get out of bed. Since you are walking more, the TED stocking or the SCD boot may be taken off.
- You may be given a liquid breakfast. If you tolerate it, you will be able to resume your usual diet.
- Your IV may be discontinued.
- Your pain medication may be changed to an oral form

Things To Do Today

Read the section in your information packet on “While in the Hospital.”

Days:

- Use the incentive spirometer 10 times every hour while awake. 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. 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.

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.
- ❑ The staff will be making evening and night rounds. If you need anything, please ask.

DAY 2 AFTER SURGERY

Day:_____ **Date:**_____

THINGS TO EXPECT

- The doctor and nurse will discuss the discharge plan with you. A social worker is available if needed.

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 get the spirometer this time? _____
- Do the coughing and deep breathing exercises.
- 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 will probably be discharged tomorrow. Confirm transportation home. Discharge time is 11 a.m.

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.
- The staff will be making evening and night rounds. If you need anything, please ask.

Sleep well!

Day of Discharge

Day: _____ Date: _____

- Review and sign your discharge plan.
- You will be given any needed prescriptions.

- Shower or wash up.
- Look at your incision so you can report any changes to the surgeon.
- Sit in the chair and have breakfast.
- 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.