



**REMOVAL OF OVARIES AND FALLOPIAN TUBES
(SALPINGO-OOPHORECTOMY)**

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.
- Your nurse will explain how to do “peri care” which you should do after going to the bathroom.
- You may have a Foley catheter to drain urine from your bladder.

Things we will help you do today

- 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.

- 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.

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.
- The Foley catheter, IV, and SCD and may be removed today.
- You will be helped to get out of bed.
- You may be given a liquid breakfast. 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 "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.

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. Change your position frequently. 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.
- 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/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.
- Discharge time is ___ a.m. Confirm transportation home. Ask for your prescriptions.

If you need anything, please ask.

DAY 2 - 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.
- 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.