

**OB/GYN CENTER**  
**303-788-6657**  
10103 RidgeGate Parkway  
Suite 200  
Lone Tree, Colorado 80124  
**Office#303-788-6657 Fax#303-788-8837**

## **Total Vaginal Hysterectomy (TVH) Discharge Instructions**

### VAGINAL HYSTERECTOMY

1. No driving for one to two weeks.
2. No strenuous activity for two weeks.
3. No heavy lifting, douching, or intercourse for six weeks.
4. For pain you may take Extra Strength Tylenol (2 tablets every four hours), or ibuprofen (600 800 mg every six hours), or a prescription pain pill may also be prescribed such as Percocet (1 2 tablets every four hours as needed).
5. You may shower or bathe.
6. There are no diet restrictions.
7. Avoid straining when having a bowel movement or urinating. If you experience constipation, you may take Milk of Magnesia or Metamucil (one teaspoon in a glass of juice), or you may use an over-the-counter laxative.
8. Call your doctor if you have excessive vaginal bleeding or a fever greater than 101 degrees. Expect some spotting or light bleeding for up to six weeks.
9. Schedule a post-operative appointment four weeks after your surgery.

OFFICE TELEPHONE NUMBER 303-788-6657  
AFTER HOURS ANSWERING SERVICE 303-762-2857