

Gynecologic Oncology of Indiana

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Postoperative Instructions

Medications

Unless instructed otherwise by Dr. Moore, you may resume all of the prescription and non-prescription (over-the-counter) medications you took before your surgery. In addition, before going home you will be given prescriptions for pain and possibly other medications that Dr. Moore will want you to have during your recovery.

Some medications cannot be filled over the telephone. This is particularly true for many pain medications. If you are going to run out of pain medication, and feel that you will need more, please call Dr. Moore's office in plenty of time so that a prescription refill may be mailed to your home. Otherwise, it may be necessary for someone to pick up your prescription from the office.

Diet

During your recovery you should follow a well-balanced diet. Now is not the time to follow fad, weight loss diets. Recovery from surgery, along with pain medications, can result in problems with constipation. Do not worry if you do not have normal bowel movements right away. Patients who underwent a full bowel prep prior to surgery may need 3-4 days of a regular diet before having a bowel movement.

You should drink plenty of fluids (6-8 glasses of water or non-caffeinated beverages per day) and fruit juices, have servings of fresh fruit with every meal, and get plenty of fiber in your diet. Also, it is a good idea to take Senokot or Citrucel while taking pain medications. These laxatives may be purchased without a prescription and you should follow the instructions on the container. If you become constipated despite fluids/fruit/fiber and Senokot or Citrucel, you may take Milk of Magnesia (two teaspoons three times daily after meals.) Try to avoid to use of enemas or suppositories.

Activity

You should slowly and steadily increase your daily activities as tolerated. You should not drive a car until you no longer require any pain medication. Meanwhile, it is fine to ride in a car as long as someone else is driving! You should avoid unnecessarily strenuous activities such as climbing stairs without assistance (for approximately one week), or heavy (more than 10 pounds) lifting. Showering is fine and recommended over taking a

tub bath. Dr. Moore will provide specific restrictions regarding sexual activity before you are discharged from the hospital.

Incision

It is fine to shower and allow soapy water to run over the incision, rinse with plain water, and pat dry. However, do not soak the incision with water for long periods of time. If there are any special wound care procedures you should follow, such as the removal of steri-strips, you will receive instructions from Dr. Moore before you are discharged from the hospital.

It is common for blood or serum to collect and eventually drain from the incision. It is always disturbing when this happens but rarely results in any long term problem. You should gently rinse areas of drainage with peroxide and a washcloth, and may loosely cover with gauze to catch some of the drainage and keep your clothes dry. If the drainage is large in amount, or there is pain, swelling, or purulence (pus) in the incision, you should call Dr. Moore's office for further instructions.

When to call the office:

You should call Dr. Moore's office for the following situations:

1. Persistent nausea and vomiting
2. Pain uncontrolled with prescribed medications
3. Temperature greater than 100.5 degrees (you should check your temperature if you feel feverish, but do not need to check your temperature otherwise)
4. Increasing pain, swelling, drainage, or purulence (pus) in the incision
5. Vaginal bleeding that is heavier than a normal menstrual period, or enough to soak more than three pads per day

Insurance Forms

Dr. Moore will try to complete necessary insurance papers in a timely fashion. If papers need to be completed by a specific date, you should give them to Dr. Moore or mail to his office and allow sufficient time (approximately one week) for completion and return. Dr. Moore will write letters of explanation for anticipated work leave, but will not complete FMLA or disability insurance papers until surgery is completed. The charge for completing insurance papers is \$25 per claim submitted. If you need additional information provided to other companies, we must first receive the documentation or a faxed request from the company. You will need to complete and sign the enclosed AUTHORIZATION FOR USE AND DISCLOSURE OF PROTECTED HEALTH INFORMATION (PHI) form and turn it to the office staff. We will **not** verify information over the phone. The same \$25 per claim will apply.

Reports

It usually takes at least one week to receive the pathology reports from your surgery. Dr. Moore will contact you as soon as he has received your pathology report. Please do not call the office requesting your pathology report for at least 2 weeks; if you have not been contacted during this time period it means that your pathology results are not yet available.

Follow-up visit

Prior to your discharge from the hospital, Dr. Moore will tell you when he would like to see you for a follow-up visit. Please call the office at your convenience to schedule your appointment: 317-851-2555. Dr. Moore will determine when your activity restrictions may be lifted, when you may return to work, et cetera at your follow-up visits.