



UROGYNECOLOGY

SAN ANTONIO

AFTER YOUR SURGERY:

- Please call (210)614-7744 to schedule your follow up appointment
- Walk 3 to 4 times per day to prevent respiratory issues and to help avoid abdominal pain related to gas.
- No strenuous exercise until released by M.D. **(no lifting more than 10 lbs)**
- You may drive after **1 week** or if you are **not taking any narcotics** and are **able to make an unintended stop**
- Pelvic rest (NOTHING inserted vaginally) until cleared by M.D. **(8 weeks)**
- Wound care is not necessary but you should keep incisions dry and avoid touching your incision sites
- **No soaking of incisions (pools, Jacuzzi, lakes, bathtubs) for 4 weeks.**
- You should be given an abdominal binder while in the hospital. You may wear this for as long as it comfortable to you.

WHEN TO CALL THE DOCTOR:

- Severe lower abdominal pain that is not relieved by pain medication
- **Excessive, heavy, or prolonged vaginal bleeding (You may have slight minimal bleeding for up to 90 days after surgery)**
- **Inability to void or are only able to void a small amount**
- Significant Urinary Frequency, and/or burning with urination
- Temperature greater than 100.4 and not responding to Tylenol or Ibuprofen
- Excessive swelling, redness, bruising, tenderness, hives or blisters at the surgical site
- Prolonged dizziness while standing
- Tenderness in the calf area
- Shortness of breath or chest pains

Please call the office for any questions or concerns **(210-614-7744)**.

If you need to be seen for a medical emergency after hours/or on weekends, please go to the Emergency Room at Christus Santa Rosa – Alamo Heights.

ASH DABBOUS, MD, FACOG

FEMALE PELVIC MEDICINE & RECONSTRUCTIVE SURGERY

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