

Post-Operative Instructions

Abdominal Myomectomy

Sarpy County OB/GYN, P.C.

A myomectomy is a surgical procedure that entails removal of uterine fibroids through an abdominal route. There are many indications for performing this procedure. Please discuss this with your doctor. Please also refer to the American College of Obstetricians and Gynecologists website www.acog.org for more details regarding risks/benefits.

1. Remember this is a major abdominal surgical procedure. It will take from 6-8 weeks to feel completely recovered. This is normal.
2. As you resume your usual activities, expect to tire easily. It is okay to become tired, but avoid becoming exhausted.
3. It is normal to have a light pink to dark red discharge for up to 2 weeks.
4. In addition to incisional pain, cramping is quite common. Motrin (Ibuprofen, Advil) usually makes this more tolerable, although most people will require a narcotic.
5. Limit your activities for 4-6 weeks:
 - a. No lifting of more than 5 to 10 lbs.
 - b. No vacuuming
 - c. No strenuous activities or exercises
 - d. No driving for 2 weeks (you may ride in a car for a short trip)
 - e. Walk up and down steps one step at a time.
6. Regular walks are encouraged
7. Showers are OK. It is fine to get water on your incision. Blot your incision dry with a towel afterwards.
8. Wear loose clothing and cotton underwear for comfort.
9. There may be a slight pink color to the incision and occasional clear to light yellow drainage. The drainage should be minimal.
10. A hard ridge should form along the incision. As it heals, the ridge will recede gradually.
11. You may use an electric heating pad, a heat lamp or a warm compress to relieve incisional pain.
12. Nothing in the vagina (no sex, tampons, or douching) until your follow up exam reveals complete healing (usually in 6 weeks).
13. You may do light housework as tolerated: washing dishes help with cooking, light cleaning such as dusting.
14. Resume your medications as ordered.
15. Report any of the following:
 - a. Foul smelling drainage from the vagina or stitches
 - b. Heavy vaginal bleeding, saturating 2-3 pads in 1 hour
 - c. Fever by thermometer over 101 degrees F within 24-48 hours
 - d. New symptoms such as nausea, vomiting, constipation, abdominal swelling or severe pain
 - e. Inability to urinate
 - f. Redness, pus, swelling, or more than usual tenderness from incision
16. For after hours, call: 898-8500.
17. First post-operative check is usually at 2 weeks. A second and final one usually occurs 6 weeks from when surgery was performed.