ACTIVITY - No heavy lifting for 6 weeks (nothing more than 10-15 pounds). You may walk on a flat surface as much as you feel comfortable, but expect to fatigue quickly, especially at first, so don't be too ambitious! You may drive when you would not hesitate to brake if someone stopped suddenly in front of you. This is usually within 1-3 weeks of the surgery. You should not drive if you are still requiring narcotic pain medication. Stairs are not a problem, but you may want to limit the number of times you go up and down at first because it may make you more sore. Your doctor will advise you when you may resume sexual activity and more strenuous physical activity.

INCISION
Your incision can get wet in the shower. Squeeze the suds of a soapy washcloth over the area to clean and then pat dry. Your skin was glued with Dermabond, this will peel off in 1-3 weeks. You may remove pieces as the edge loosen. Any drainage from the incision should be reported to your doctor.

PAIN - It is normal to experience pain in your pelvic area and abdomen following the surgery. This pain will increase if your bladder is full, if you are constipated or if you just need to move your bowels. Too much physical activity may also make it worse. You will be given prescriptions for pain medication to take home. Your need for these medications will decrease day by day. It is prudent to use a stool softener (like Colace - docusate sodium) while you are taking any narcotic medication to prevent constipation. Gas pains can be fairly miserable until your bowel function returns to normal. Any simethicone containing medication (GasX, Maalox Plus, Mylicon) can help.

VAGINAL BLEEDING – Your period should come when you expect it.