
GYNECOLOGIC ONCOLOGY

ROBOTIC / LAPAROSCOPIC SURGERIES – PATIENT INFORMATION

Follow-up Appointment

We will see you in the office for your first check-up 2 to 3 weeks after surgery. Your first appointment after surgery may be with our physician assistant - Julie DiGiovanni or your Physician. This appointment may be scheduled at the time of your surgery scheduling or after you go home from the hospital.

Post-Op Instructions

1. No lifting over 10 pounds for 6 weeks.
2. No strenuous exercise for 6 weeks. This includes any exercise that involves the abdominal muscles. Walking is ok and encouraged.
3. No driving for approximately 1 week. If you are prescribed narcotics for pain and you are no longer taking them and feel able to drive without pain, you may drive.
4. Nothing in the vagina for 6 weeks.
5. You may climb stairs.
6. You have no diet restrictions, yet for the first few days you may want to eat more of a soft bland diet.
7. You may shower the day after surgery. Use a mild soap and wash around the incisions and let water run over the incisions. Pat dry. No tub baths until we see you for the first follow-up appointment.
8. It is normal not to have a bowel movement for a couple of days after surgery. Taking a stool softener twice daily, such as Senna S, is helpful to prevent straining. Increased fluid intake also helps.
9. If you are feeling bloated and / or experiencing gas pain, Gas X® may be helpful.

Incisional Care

1. You will have either small bandages, pieces of tape, or sterile glue over your incisions. Allow them to stay in place until they begin to peel off. Don't pick at this glue, it will come off on its own in approximately 1-2 weeks.

Symptoms to Expect

1. Vaginal spotting is normal up to 6 weeks after surgery. Vaginal bleeding is not. If your bleeding is similar to a period and / or a mini-pad isn't sufficient, please call the office.
2. Numbness and tingling in the tops of the thighs and vaginal area is normal after having a lymph node dissection. This may resolve spontaneously, but it could take several months to resolve. If you have difficulty walking or moving your legs, please call.
3. Due to the catheter that is placed in your bladder during surgery, you may notice bladder symptoms such as urinary hesitancy, frequency, or mild burning with urination. If these symptoms persist past 1 to 2 days, call the office.
4. Some swelling is normal in the pelvic area and legs. However, if you notice that one leg is larger than the other, please call the office.

Call Your Doctor's Office Nurse If

1. You develop a fever greater than 100.4°.
2. One or more of your incisions become red, swollen, or begins to drain a yellow discharge.
3. If you have not urinated in over 6 hours.
4. For any abnormal symptoms or questions.

To contact your Physician's Nurse

Dr. Hoekstra's Nurse Grace -- call 269.373.7466.
Dr. Mize's Nurse Sarah -- call 269.384-8637.
Dr. Hay's Nurse Lisa -- call 269-373.7451.

If you have questions or concerns after 5:00 p.m. Monday through Friday or on the weekend, call the main West Michigan Cancer Center Radiation & Surgical Specialties number at 269.382.2500 to speak with the physician or PA on call for gynecological oncology.