



## **da Vinci Post-Operative Instructions**

1. Please schedule a post-operative appointment two weeks after your surgery.
2. **Do not have intercourse for 8 weeks after surgery** if you have had a hysterectomy. If you have had a myomectomy or oophorectomy, you may resume intercourse after two weeks.
3. You may resume normal activity, unless otherwise directed. Use common sense. You may shower or take a bath on the day following surgery. You may drive when you stop taking narcotic pain medication.
4. It is suggested that you take two weeks off work. Earlier return is allowed if desired.
5. **Take Ibuprofen 600mg every 6 hours for the first 48 hours after surgery.** Using an anti-inflammatory medication such as Ibuprofen (Motrin, Advil) or Naprosyn (Aleve) will make narcotics such as Vicodin or Tylenol #3 work better. Do not use additional anti-inflammatory medications if you are taking a prescription anti-inflammatory such as Celebrex.
6. Use Tylenol for mild pain or a narcotic (Vicodin, Tylenol #3, Percocet) for moderate pain. Side effects of narcotics include drowsiness, constipation, and nausea. A stool softener, such as Benefiber or Colace, may aid in the return of normal bowel function and is available without a prescription. If you are constipated, you may use a laxative such as Miralax or Ducolax. Zofran is available by prescription for nausea.
7. Remove simple band-aides from incisions in 6-10 hours. Steri-strips may be removed after one week. There is not need to cover incisions unless they are oozing. A small amounts of drainage or bleeding is normal. If you visible sutures, make an appointment for suture removal in 3-5 days. Glue should be removed from incisions in 3-5 days.
8. After a Da Vinci procedure, you may have some shoulder or neck pain for 24-48 hours due to gas distention in the abdominal cavity. Laying down will help relieve the discomfort. If pain persists or becomes severe, please call the office. You may also experience incisional pain, bloating and/or bruising with skin discoloration for a short period of time following your surgery.
9. Notify your doctor if you have a temperature great than 100.4 degrees Fahrenheit, unusual pain, or heavy vaginal bleeding. If you have any problems or questions, please call our office at (408) 356-0431.