

Going Home After Gynecology Oncology Surgery

This handout will tell you what to expect after gynecology oncology surgery.

What to Expect

Your incision may be closed with staples. These will be removed 10 to 14 days after surgery. This will be done by your local doctor or by the surgeon.

After surgery, you may also have:

- Bleeding like a light period.
- Weakness and fatigue for 4-6 weeks.
- Some nausea or vomiting.

Treating Nausea or Vomiting

To improve these symptoms:

- Eat small, frequent meals.
- Drink liquids an hour before or after a meal rather than with your meal.
- **Avoid** foods that are fatty, fried, or very spicy.
- Eat and drink slowly.
- Rest in a chair after eating. **Do not** lie flat for a few hours after you eat.

Activity Guidelines

- Stay active, get up each day, and get dressed.
- Walk to keep up your strength.
- You can go out in public (shop, attend church, etc.).
- **Avoid** people who are sick.
- **Avoid** heavy exercise and lifting over **10** pounds for 4 weeks.
- Pelvic rest for 6 weeks. **No** sex, douching, tampons, or putting anything into the vagina.
- **No** driving until you have stopped taking narcotic pain medicine.

Medicines

Review your discharge instructions to know when you can restart your current medicines. If you have any questions, please ask the doctor or pharmacist before going home.

If you have pain, use the prescribed pain medicine, or Tylenol® 650-1000 mg every 4 hours, or Advil® 400 mg every 4 to 6 hours. If you were prescribed Percocet®, **do not** take Tylenol® along with Percocet®.

Bowel Habits

Review *Health Facts for You* #4843 “Constipation from Opioids (Narcotics)”.

When to Call

Call the clinic if you have any symptoms, such as:

- Fever over 100.4°F for two readings taken 4 hours apart
- Nausea or vomiting
- Signs of infection such as redness, swelling, warmth or drainage
- Pain not controlled with pain medicine
- Vaginal bleeding that soaks more than one pad in one hour
- No bowel movement for 3 or more days
- Symptoms of bladder infection, such as burning or frequent urination

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit

www.uwhealth.org/.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5628