

Discharge Instructions for Ovary Removal Surgery (Oophorectomy)



You had surgery to remove one or both of your ovaries (oophorectomy). The ovaries are small organs in your pelvis. They make, store, and release your eggs. They also make hormones that regulate your period (menstrual cycle). Your periods may stop if both of your ovaries were removed before menopause. You may also have other menopause symptoms, such as hot flashes. Surgery to remove the uterus (hysterectomy) is often done with this procedure.

Activity

- Rest when you are tired.
- Take your medicine exactly as directed by your healthcare provider.
- Keep doing the coughing and deep breathing exercises that you learned in the hospital.
- Listen to your body. If an activity causes pain, stop.
- Limit your activity for 4 to 6 weeks.
- Don't lift anything heavier than 10 pounds.
- Don't do strenuous activities. This includes mowing the lawn, vacuuming, or playing sports.
- Limit your activity to regular short walks. Slowly increase your pace and distance as you can.
- Don't drive far until you are comfortable without taking prescription pain medicine. This may take up to 2 weeks. You may ride in a car for short trips.

Other home care

- Don't put anything in your vagina until your healthcare provider says it's OK.
 - Don't douche.
 - Don't use tampons.
 - Don't have sex.
- Shower as needed.
 - Wash your incision gently with mild soap and warm water.
 - Keep your incision clean and dry.
- Check your temperature each day for 1 week after your surgery.
- Eat a healthy, well-balanced diet.
- Prevent constipation.
 - Use laxatives, stool softeners, or enemas as advised by your provider.
 - Eat more high-fiber foods.
 - Drink 6 to 8 glasses of water every day, unless advised otherwise.

Follow-up care

Make a follow-up appointment, or as advised.

When to call your healthcare provider

Call your healthcare provider right away if any of the following occur:

- Fever of 100.4°F (38°C) or higher, or as directed by your provider
- Chills
- Bright red bleeding or bad-smelling discharge from your vagina
- Trouble urinating, or burning during urination
- Severe belly pain or bloating
- Redness, swelling, or draining at your incision site
- Shortness of breath or chest pain
- Nausea and vomiting
- More pain with or without activity

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