

Vaginal Hysterectomy Education Plan

Resources for Staff

- [Mosby's Nursing Consult](#) (vaginal hysterectomy)

Teaching Tools (Items given to the patient)

- Vaginal Hysterectomy Education Plan

References:

- Mosby's Nursing Consult

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Always close each teaching session with the question, "What questions do you have for me?"

*This page is intended for staff use only. Do not give to the patient. This document is not a part of the permanent medical record.

Vaginal Hysterectomy

Getting Ready to Learn About a Vaginal Hysterectomy

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

Because this teaching is about your health, the staff may explain something more than once and give you information in “bite size” pieces over several days. If there is something you don’t understand **it’s okay to ask us to explain.**

What I Need to Learn About a Vaginal Hysterectomy

By the time I leave the hospital I will be able to tell the staff how:

1. I will be active.
2. I will care for my incision(s).
3. I will eat in order to heal.
4. I will manage my pain.
5. I will contact the doctor’s office with questions and/or problems.
6. My body has changed after the surgery.

The staff will use three questions to teach me about a Vaginal Hysterectomy:

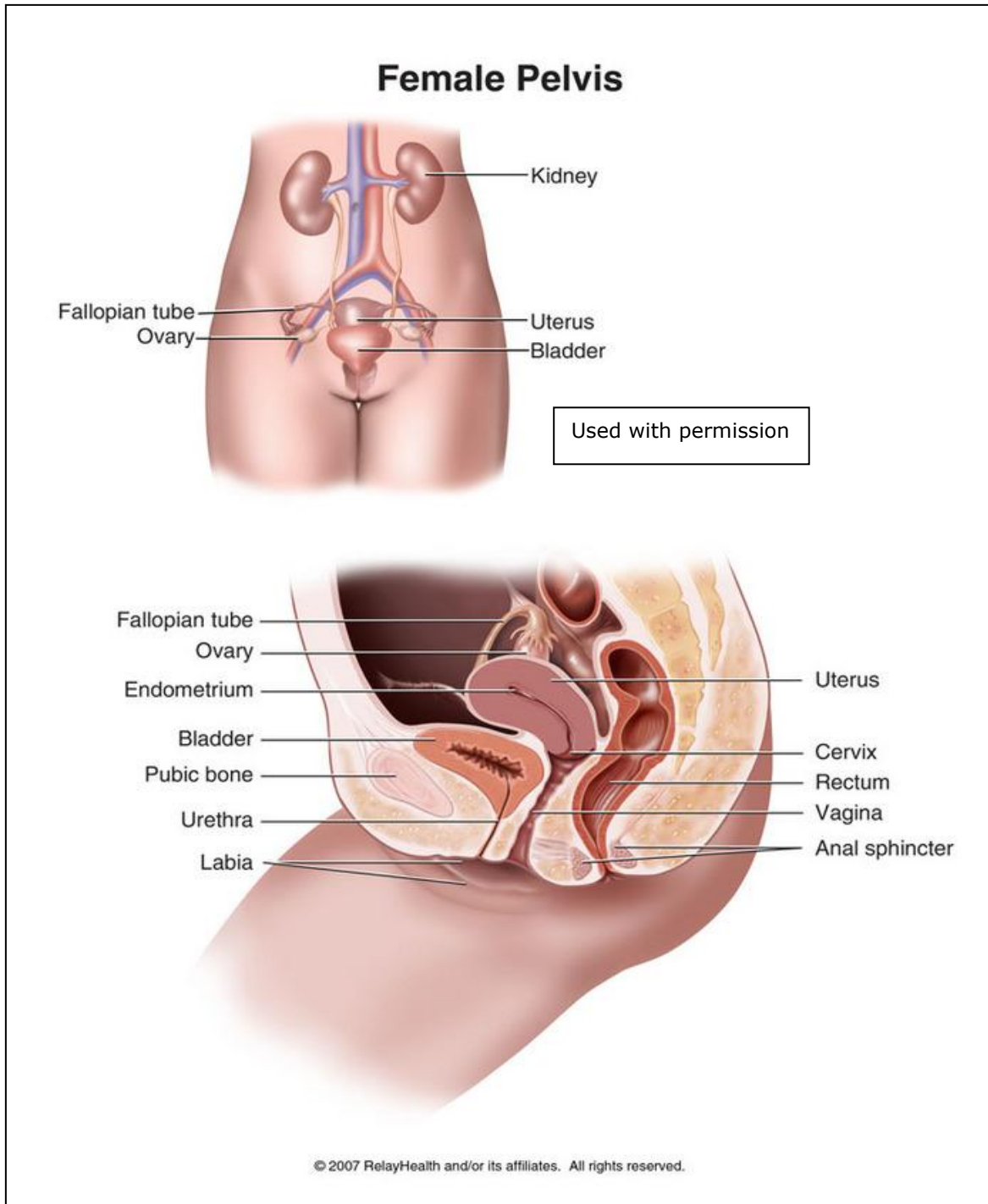
1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know about my disease and how to take care of myself.

What is my main problem?

Vaginal Hysterectomy

I am having or have had a vaginal hysterectomy. A Vaginal hysterectomy is surgical removal of the uterus. My fallopian tubes and ovaries may also be removed. My incision is in the vagina.



What do I need to do?

I will be able to tell the staff how I will be active after surgery.

 Activity

After surgery I will:

- Move around every 2 hours while I am awake.
- Slowly increase my walking. My doctor will decide how much I should walk.
- I will not drive until my doctor says I can.
- I will follow my doctor's instructions on how much I can lift. My doctor will tell me when I can lift more.
- Check with my doctor on when I can resume sexual activities.

I will be able to tell the staff how I will care for my incision after surgery.

 To care for my incision (vagina) I will:

- Wash my hands before caring for myself.
- Not take a bath or shower until my doctor says it is okay.
- Change peri pad as needed or ordered by my doctor.
- Not use tampons or douche until my doctor says I can.
- Not sleep with my pets.
- Look for signs of infection.
 1. Increased lower abdominal tenderness or pain
 2. New or more drainage from my vagina
 3. Fever (temperature greater than 100.0° F.)

I will be able to tell the staff what I will eat to help me to heal from the surgery.

 To help my incision heal, I can:

- Eat at least 2 servings of food rich in protein each day. Foods rich in protein include meats, chicken, turkey, fish, eggs, beans, peas, and peanut butter.
- Eat 3 servings of dairy foods rich in protein each day. Dairy foods that are rich in protein include yogurt, cheese and milk.
- Eat 5 servings per day of fruits or vegetables each day. These foods are rich in vitamins that will help my incision heal.

- To help keep my bowels working normally while I recover from surgery, I can:
 - Eat whole grain breads and cereals. Eat brown or wild rice instead of white rice.
 - Add beans, peas, or lentils to soups and casseroles.
 - Eat fresh fruits and vegetables.
 - Drink plenty of fluids. Set a goal of 6 to 8 cups a day.

I will be able to tell the staff how I will manage the pain from my surgery.

- Managing Pain
 - I will take pills my doctor ordered to manage my pain.
 - I will not wait until the pain is too bad before taking my pills. The medicine works best if I take it before the pain is too bad.
 - Call my doctor if I think my pills are not helping or if I feel I am having side effects.
 - Check with my doctor or pharmacist if I have questions about my medicine.
 - I will talk with the staff about how I have managed pain in the past.
 - Warm showers, baths, hot water bottles, or warm washcloths
 - Use of cool cloths
 - Positioning with pillows
 - Relaxation techniques
 - _____

- Being careful with pain medicines
 - I will take my pain medicine with crackers or food. This may keep me from having an upset stomach which may cause nausea and vomiting.
 - I will not drive if I am taking pain pills that make me drowsy.
 - Let my doctor know if I am taking aspirin or another blood thinner medicine.
 - Let my doctor know if I have bruising or a lot of bleeding.

I will be able to tell the staff that I will call my doctor if I have concerns to share with my doctor.

- Concerns to share
 - Fever greater than 100.0° F
 - Increased lower abdominal tenderness or pain
 - Increased drainage or heavy bleeding from vagina
 - Nausea or vomiting
 - Chest pain
 - Shortness of breath
 - Cannot urinate
 - Pain or burning feeling when I urinate
 - Swelling, redness, or pain in my leg
 - Abdominal pain or swelling that gets worse
 - Constipation
 - Dizziness and fainting

I will be able to tell the staff about changes to my body.

- Uterus removed
 - I will no longer have menstrual periods
 - I will not be able to get pregnant
- Ovaries removed
 - I will go into menopause suddenly.
 - Common physical symptoms of menopause are:
 - hot flashes
 - night sweats
 - dizziness
 - headaches
 - muscle and joint pain
 - palpitations - feels like your heart is pounding or racing
 - tiredness
 - trouble sleeping

- Psychological symptoms of menopause are:
 - anxiety
 - depression
 - tearfulness and irritability
 - mood swings
 - less interest in sex
 - lack of concentration
 - more trouble remembering things

- My doctor may talk with me about hormone replacement
 - I will talk with my doctor about any concerns I have about menopause.

Why is this important to me? Importance

Following these directions will help me heal and keep me safe after surgery.

As part of my care I have received this education plan.

Reading level 4.6