

# Robotic-Assisted or Laparoscopic Hysterectomy Pathway

These are goals for your recovery. Everyone is different, and your experience may not exactly follow this pathway. Your doctor will tell you what to expect. Read *About Your Robotic-Assisted or Laparoscopic Hysterectomy* ([www.mskcc.org/pe/robotic\\_laparoscopic\\_hysterectomy](http://www.mskcc.org/pe/robotic_laparoscopic_hysterectomy)) for more information.

	Before Surgery	Day of Surgery	After Surgery	After Discharge
What should I do?	<ul style="list-style-type: none"> <li>• Arrange to have a responsible care partner drive you home after surgery.</li> </ul> <p><b>The night before surgery:</b></p> <ul style="list-style-type: none"> <li>• Wash with Hibiclens® (unless your doctor tells you not to).</li> </ul>	<p><b>The morning of surgery:</b></p> <ul style="list-style-type: none"> <li>• Wash with Hibiclens (unless your doctor tells you not to).</li> <li>• Bring your toiletry items.</li> <li>• Ask as many questions as you want!</li> </ul>	<ul style="list-style-type: none"> <li>• Use your incentive spirometer 10 times every hour you're awake.</li> <li>• Get up and walk during the day and after your meals. Ask for help if you need it.</li> </ul>	<ul style="list-style-type: none"> <li>• Call your doctor if you have heavy vaginal bleeding (need to change your pad or liner every 1 to 2 hours).</li> <li>• Don't shower for 24 hours after surgery.</li> <li>• Don't lift more than 10 pounds for 6 weeks.</li> <li>• Don't drive for 2 weeks.</li> <li>• Don't put anything in your vagina for 8 weeks.</li> <li>• Call your doctor if you have questions or concerns.</li> </ul>
What tests, procedures, and medical devices will I have?	<p><b>Presurgical testing (PST) appointment</b></p> <ul style="list-style-type: none"> <li>• Bring a list of all the medications you take.</li> <li>• Your nurse practitioner (NP) may order other tests or doctor's visits.</li> </ul>	<p><b>Placed before surgery:</b></p> <ul style="list-style-type: none"> <li>• Intravenous (IV) line</li> </ul> <p><b>Placed during surgery:</b></p> <ul style="list-style-type: none"> <li>• Urinary (Foley) catheter</li> <li>• Drainage tubes in your abdomen (if needed)</li> <li>• Compression boots</li> </ul>	<ul style="list-style-type: none"> <li>• You'll have blood tests.</li> <li>• You'll learn how to care for your incisions.</li> <li>• Wear compression boots when you aren't walking.</li> </ul>	
What medications will I take?	<ul style="list-style-type: none"> <li>• Talk to your doctor about when to stop taking blood thinners, including aspirin, nonsteroidal anti-inflammatory drugs (NSAIDs), and herbal remedies.</li> </ul>	<ul style="list-style-type: none"> <li>• Take only the medications your doctor told you to take with a small sip of water.</li> </ul>	<ul style="list-style-type: none"> <li>• You'll get pain medication.</li> <li>• Call your nurse if your pain isn't controlled.</li> <li>• You'll get prescriptions for pain medication to take at home.</li> </ul>	<ul style="list-style-type: none"> <li>• Take pain medication as needed. Follow your doctor's instructions.</li> </ul>
What can I eat and drink?	<p><b>The night before surgery:</b></p> <ul style="list-style-type: none"> <li>• Don't eat anything after midnight.</li> </ul>	<p><b>Between midnight and 2 hours before arrival time:</b></p> <ul style="list-style-type: none"> <li>• You can drink up to 12 ounces of water.</li> </ul> <p><b>Starting 2 hours before your scheduled arrival time:</b></p> <ul style="list-style-type: none"> <li>• Don't eat or drink anything.</li> </ul>	<ul style="list-style-type: none"> <li>• Start with soft, easy-to-digest foods.</li> <li>• Gradually switch to your usual diet.</li> </ul>	<ul style="list-style-type: none"> <li>• Follow your usual diet.</li> </ul>