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## Hysterectomy

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

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**I. The client/caregiver can define hysterectomy.**

- A. A total hysterectomy is the removal of the uterus and cervix (may be performed through the abdomen or the vagina).
- B. A panhysterectomy is the removal of the uterus, fallopian tubes, cervix, and ovaries.
- C. Removal of the uterus results in cessation of menstruation.

**II. The client/caregiver can list indications for hysterectomy.**

- A. Reasons or indications for hysterectomy could be
  - Uterine fibroids
  - Endometriosis not responding to medication or surgery
  - Uterine prolapse
  - Cancer of the uterus, cervix, or ovaries
  - Vaginal bleeding that persists despite treatment

**III. The client/caregiver understands postoperative instructions.**

- A. Perform abdominal muscle-strengthening exercises.
- B. Provide care of abdominal incision by washing with soap and water.
- C. Avoid vigorous activities and heavy lifting until permission is given by the surgeon.
- D. Avoid constipation with stool softeners, increased fluids, diets high in fiber.
- E. Avoid constrictive clothing.
- F. Avoid sitting for prolonged periods.
- G. Avoid tub baths or sexual activity until permission is given by surgeon.
- H. Report heavy vaginal bleeding, fever, foul odor, pain, purulent drainage, and so forth.
- I. Take medications as ordered.

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- J. Provide perineal care.
  1. Wash with soap and water.
  2. Wipe from front to back.
  3. Change pad frequently.
  4. May use sitz baths or ice packs as ordered.
- K. Keep follow-up appointments.

**IV. The client/caregiver is aware of possible postoperative complications.**

- A. Symptoms, such as hot flashes, headache, nervousness, palpitations, fatigue, and depression
- B. Wound dehiscence (especially if client is obese)
- C. Thrombophlebitis
- D. Infection
- E. Urinary tract infection
- F. Pneumonia
- G. Constipation
- H. Urinary retention

**RESOURCES**

American College of Obstetricians and Gynecologists Resource Center  
[www.acog.org](http://www.acog.org)

National Women's Health Information Center  
800-994-9662

**REFERENCES**

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- Timby, B. K., & Smith, N. C. (2003). *Introductory medical-surgical nursing* (8th ed.). Philadelphia: J. B. Lippincott Williams & Wilkins.