



Women's Health Specialists

Post-Operative Instructions

Patient: _____

Operation(s): _____

Recovery following minor gynecologic surgery generally occurs rapidly, with minimal discomfort. You should rest for the remainder of today. Then gradually increase activities as tolerated. The following instructions will guide you through your recovery.

- You may return to work in _____ day(s).
If you exercise regularly, gradually resume this in one week unless instructed otherwise.
Abstain from intercourse, douching, or placing anything in your vagina for _____ days.
Remove Band-Aids tomorrow morning. Showers are permitted thereafter. Replace Band-Aids only to absorb discharge from incisions. Leave underlying steri-strips in place until they fall off or a maximum of one week.

Please be aware of the following potential problems:

Pain: Take _____, _____ tablets every _____ hours as needed. You may also use Motrin (Ibuprofen) 600mg every 6 hours, which is available without prescription. If despite medication your pain grows stronger and becomes unbearable, call your doctor. Do not drive or operate dangerous machinery until off pain medication for greater than 24 hours.

Bleeding: This will vary depending on the operation. Vaginal bleeding should not exceed a heavy menstrual period. If bleeding consistently saturates a pad every hour, call your doctor.

Infection: If you feel warm or chilled, check your temperature. If you have a persistent fever greater than 101.5°F or 38.5°C for more than 6 hours, call your doctor. In addition, if you have a skin incision which becomes increasingly red or leaks pus, call your doctor.

Bladder: You should be able to empty your bladder every 6 hours. Please call if you are unable to void.

Bowels: Bowel movements may be delayed for a few days. You may use a laxative, like Milk-of-Magnesia according to package instructions, if constipation continues past the 3rd day after surgery.

Special Instructions: _____

If you have not already done so, please schedule a post-operative appointment with our office for approximately 2 weeks from today.

Doctor

Date

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