

Philadelphia Women's Center

POST-OPERATIVE INSTRUCTIONS

Please read this brochure carefully. The following information has been compiled for YOUR health and understanding of how to care for yourself after your procedure.

MEDICAL RESTRICTIONS

Please observe these restrictions until after you have had your follow-up examination.

- ◆ Take ALL of your medications as prescribed.
- ◆ DO NOT insert anything into your vagina.
- ◆ DO NOT have vaginal intercourse.
- ◆ DO NOT use tampons (Use thick, overnight non-deodorant sanitary pads).
- ◆ DO NOT douche or use feminine hygiene sprays.
- ◆ DO NOT swim or take tub baths. Showers are fine.
- ◆ DO NOT take aspirin products such as Excedrin, Bufferin, Anacin, etc. for pain relief. Aspirin thins your blood and may increase your bleeding.
- ◆ DO NOT lift anything heavier than 15 pounds for 2-3 weeks following your surgery.
- ◆ Avoid standing for long periods of time.
- ◆ No gym class, aerobics or strenuous exercise.
- ◆ **MOST IMPORTANT...** Listen to your body. Rest when you are tired and ease SLOWLY back into your normal routine.

WHAT'S NORMAL?

What to expect after surgery

BLEEDING is normal after surgery but varies from woman to woman. You may not bleed at all or your bleeding may start a few days after your procedure. Your bleeding may start and stop and start again. All of these things are normal – do not be concerned. The flow may be light or heavy, or you may simply have a red-brown discharge. It is also normal to pass some clots.

YOUR NORMAL PERIOD should begin within 4-8 weeks.

SYMPTOMS OF PREGNANCY SHOULD

SUBSIDE. Sometimes symptoms do not go away immediately. They can persist for a few days to a week as hormone levels return to normal. Do not worry if you still have nausea and vomiting, tender or swollen breasts, shortness of breath and fatigue, increased frequency of urination, etc., for a few days after your procedure.

CRAMPING is normal and may last a few days to a week. You can expect mild to moderate cramps in your lower abdomen.

WHAT CAN YOU DO FOR CRAMPS?

- ◆ Try any of the non-prescription pain-relievers: Advil, Motrin, Aleve, etc. Follow the dosage instructions on the package or bottle. If you cannot take any of these products, try Extra-Strength Tylenol. Remember, NO ASPIRIN!
- ◆ Get off your feet and apply a warm heating pad to your lower abdomen.
- ◆ Try drinking hot beverages, such as tea, coffee, soup, or hot chocolate. Ginger ale may also provide some relief. Alcohol is not advised.

- ◆ Take a hot shower.
- ◆ Deeply massage your lower abdomen. This may be uncomfortable, but it puts pressure on your uterus which should cause any blood clots to dislodge and pass. Blood clots usually cause cramping, so once they pass through the mouth of the cervix, you should have some immediate relief. Blood clots form when blood settles in the uterus and has time to thicken. They are normal after surgery.

WHAT'S NOT NORMAL?

When to call the center

- ◆ Your temperature is over 100.4
- ◆ You pass blood clots larger than your fist.
- ◆ You soak through 2 thick, overnight sanitary pads for 2 hours straight.
- ◆ You experience severe abdominal pain that is not relieved by taking an ibuprofen pain reliever or your usual cramp medication.
- ◆ Although not an emergency, if you do not get your period within eight (8) weeks of your procedure, you should call the clinic during normal business hours to speak with a clinician.

IF YOU ARE EXPERIENCING A SURGERY-RELATED PROBLEM WITH NO RELIEF, CALL THE CENTER BEFORE GOING TO THE HOSPITAL OR SEEING YOUR DOCTOR.

Your Follow-Up Exam is:

Day _____

Date _____

Time _____

THERE IS NO ADDITIONAL FEE for your follow-up exam.

Your visit will last about 1-2 hours.

If you have any questions or concerns, a counselor will be available to meet with you. She can also discuss birth control options or post-operative issues.

A clinician will perform a pelvic exam to ensure that your uterus has returned to its normal state and will prescribe birth control, if desired.

This exam may be done even if you are still bleeding.

PLEASE READ THESE
INSTRUCTIONS
CAREFULLY

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**IF YOU HAVE AN
EMERGENCY:**

24-Hour medical care and advice is available in the event of an emergency by calling:

(215) 574-3590

or

(800) 869-2330

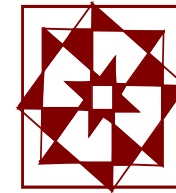
IF YOU CALL THE CLINIC, we will need the following information:

- ◆ Your Name
- ◆ Date of your procedure
- ◆ A phone number, including area code, where you can be reached

Please take your temperature, check on your bleeding and have the phone number of your pharmacy available when you call.

Non-Emergency calls should be handled during normal business hours.

**PHILADELPHIA
WOMEN'S
CENTER**



Post-Operative Instructions

and

Follow-Up Examination

**777 Appletree St., 7th Floor
Philadelphia, PA 19106**

**800.869.2330
215.574.3590
Fax 215.574.3595**