



# Outpatient Post Operative Instructions

If you have questions or concerns that are not addressed in these instructions, please call our office at any time. The office number will reach our answering service after hours. They will notify us. If for any reason, you can not reach your doctor or his associates, call the emergency room of the hospital where you had your surgery or go to the emergency room.

## Any Questions?

Call  
Your Doctor's  
Nurse  
**(304)  
697-2035**

St. Mary's  
Emergency  
**526-1111**

Cabell  
Emergency  
**526-2200**

### Please follow these instructions carefully:

#### Activity:

- ◆ Most women are able to resume their normal activities within a few days. However, we recommend that you avoid all heavy lifting and dangerous activities for one week.
- ◆ Do not put anything in your vagina, have intercourse, or douche for at least a week or until all bleeding has stopped.
- ◆ You may bathe or shower as soon as you feel up to it.
- ◆ If you have any doubt whether an activity is safe, call the office first.

#### Common Side Effects:

- ◆ Spotty bleeding
- ◆ Chest and abdominal discomfort
- ◆ Mild upset stomach (may treat with antacid such as Mylanta)

#### Wounds:

- ◆ If you have a wound, keep it covered for three days.
- ◆ Change dressing daily if it becomes wet or soaked.

#### Medications:

- ◆ Have the prescription your doctor has given to you filled before your surgery
- ◆ If your pain is not controlled by the medication prescribed to you, call our office.
- ◆ If you experience side effects from your medication or have any other concerns regarding your medication, call the office.

#### Appointments:

- ◆ If you do not have a follow-up appointment for two to three weeks after your surgery, please call the office as soon as possible. Tell the receptionist you need a "post-op" appointment.

## Warning Signs! Call Your Doctor or Hospital!!

- ⊗ Bleeding more than one pad per hour
- ⊗ Fever over 100 degrees
- ⊗ Pain that will not respond to medication
- ⊗ Inability to keep liquids down
- ⊗ Trouble with wound (leaking or spreading redness around incision)

Nurse initials indicate discussion of above instructions with patient

Date