

POST-OPERATIVE INSTRUCTIONS

MEDICAL RESTRICTIONS

These instructions should be followed until after you have had your follow-up exam.

- ❖ Take all medications given or prescribed:
- CYTOTEC** contracts the uterus back to normal size and helps to control the bleeding. You may experience some abdominal cramping, nausea, vomiting or chills with Cytotec. However, this is normal.
- DOXYCYCLINE** is an antibiotic to help prevent infection. Do not take this medication on an empty stomach.
- IBUPROFEN** is also provided for you to take as needed for pain. While taking this medication be sure not to take any other over the counter medication containing this product.
You should dissolve these pills along your gums for about 45 minutes or until they become a paste.

NEVER DRINK ALCOHOL WHEN TAKING MEDICATIONS.

- ❖ Keep your follow-up examination appointment.
- ❖ **DO NOT** insert anything into your vagina.
- ❖ **DO NOT** have vaginal intercourse.
- ❖ **DO NOT** use tampons (Use 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 Excedrine, Bufferin, Anacin, etc. for pain relief. (Aspirin thins your blood and may increase your bleeding).
- ❖ No gym class, aerobics or strenuous exercise for 2 weeks.
- ❖ **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 again. All of these things are normal - do not be concerned. The flow may be light or heavy or may simply be a red-brown discharge. It is also normal to pass some clots. Your next period should be within 4-8 weeks.

CRAMPING IS NORMAL and may last a few days to 2 weeks.

WHAT CAN BE DONE FOR CRAMPS?

- ❖ Try one of the following medications that you can buy without a prescription - Advil, Nuprin, Motrin, or Aleve. One(1) or two (2) every six hours should relieve most of your cramping. If you can't take any of these products, try Extra Strength Tylenol, but remember, **NO ASPIRIN.**
- ❖ Get off your feet and apply a warm heating pad to your lower abdomen (if not bleeding). If bleeding you may apply an ice pack for 5 minutes every 1/2 hour.
- ❖ Try drinking something hot, such as tea, coffee, soup or hot chocolate.
- ❖ Deeply massage your lower abdomen. This most likely will be uncomfortable, but by massaging your lower abdomen, you will be putting pressure on your uterus, which should cause the blood clots to dislodge and pass through the mouth of the cervix, giving you some immediate relief. (Blood clots occur when the blood is in the uterus and has time to settle, or clot, before being passed into the vagina). This, too, is a normal occurrence after surgery.

WHAT'S NOT NORMAL?

When to call the center

- ❖ Your temperature is over 100.4 degrees for two (2) or more hours.
- ❖ You pass blood clots larger than a silver dollar for one (1) or more hours.
- ❖ You saturate one complete sanitary pad (the type meant for heavy menstrual flow) in one hour and continue for 2 hours or more.
- ❖ You experience severe abdominal pain that is not relieved by taking recommended medications. Allow 2 to 3 hours for the medication to begin working.
- ❖ Although not an emergency, if you do not get your period within eight (8) weeks of your procedure, you will need to call the center during normal business hours to speak with the Nurse Practitioner.

IF YOU ARE HAVING A PROBLEM RELATED TO YOUR SURGERY AND HAVE HAD NO RELIEF, CALL THE CENTER BEFORE GOING TO THE HOSPITAL OR SEEING YOUR DOCTOR.

YOUR FOLLOW-UP EXAM:

Your visit should be no more than an hour. A Nurse Practitioner meets with you and then you will have a pelvic exam to be sure your uterus has returned to its normal state. This exam may be done even if you are still bleeding.