

Jeri Shuster, M.D., P.A.
and Women's Center, Inc.

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POST-OP INSTRUCTIONS

NAME: _____ **DATE:** _____

Please call the office if you have:

Pain (as opposed to cramping like your menstrual cramping)

Bleeding heavier than a menstrual period

Temperature greater than or equal to 100.4 degrees

Excessive discharge or discharge with odor

Questions or **unexpected symptoms**

INSTRUCTIONS:

Allow **NOTHING** in the vagina. (No jellies, lubricants, tampons, douching or intercourse)

Tub baths for: _____ 3 days, _____ 3 days after bleeding stops, _____ weeks, _____ until follow-up appointment

SPECIAL INSTRUCTIONS: _____ If you were told Monsel's Solution was used, you may have a discharge for several days that is brown/black, sometimes looks like coffee grounds and will stain your clothes, if you do not wear a panty liner or a sanitary napkin

ACTIVITY: _____ No strenuous activity today; gradually resume normal daily living with the exception of above restrictions

_____ Other: _____

DIET: _____ Resume normal daily diet as tolerated

_____ Special: _____

MEDICATIONS: _____ In first 24 hours, over-the-counter Ibuprofen, Advil, Motrin or Tylenol according to the manufacturers Instructions for discomfort

_____ Prescription

_____ Resume medications as directed _____

MAKE FOLLOW-UP APPOINTMENT: _____ days _____ weeks _____ months

PLEASE VERIFY THAT YOU UNDERSTAND THESE INSTRUCTIONS BY SIGNING BELOW

SIGNATURE: _____