Home Care After Minor Gynecological Procedures

The following instructions will help you care for yourself, or be cared for upon your return home today. These are guidelines for your care right after your surgery only.

Medications:
- Prescriptions sent home: ________________________________
- Non-aspirin over the counter medicine for pain __________________
- Start own medicines.

Diet:
- Drink plenty of liquids and eat light meals today. Start your regular diet tomorrow.
- Start your regular diet today.

Activity:
- May return to work / school on: ________________________________
- Resume normal activities in 24 hours.

Wound Care and Hygiene:
- Use sanitary napkins if needed for vaginal discharge.
- No sexual intercourse or tampons for: ________________________________

Anesthesia Precautions and Expectations:
- After anesthesia, rest for 24 hours. Do not drive, drink alcohol or make important decisions during this time. General anesthesia may cause a sore throat, jaw discomfort or muscle aches. These symptoms last for one or two days.
What to Expect After Surgery:

- Discomfort and tenderness where surgery was done.
- Small amounts of bloody drainage.

Call Your Doctor for:

- Increased amount of pain not relieved by prescribed pain medicines.
- Unusual amount of vaginal bleeding where you are saturating a pad every hour.
- Vaginal discharge which has an unusual odor.
- Problems with urination.
- A temperature above 101 degrees.

Other Instructions:

- Call your doctor's office at _____________ to make a follow up appointment in ____________ weeks.
- If you have questions or problems, call your doctor's office at ________________.
  - Ambulatory Surgery Unit at (614) 293-8795
  - The hospital operator at (614) 293-8000. Ask for the resident on call for your doctor.
  - (614) 293-8333 - OSU Emergency Department