



**Outpatient Surgery Post-operative Instructions**

1. Please schedule your post-operative appointment as instructed by your physician. This is usually 1-2 weeks after your surgery.
2. Do not have intercourse or douche, and do not use tampons until bleeding has stopped (3-7 days). Some patients have no bleeding and this also is normal.
3. You may resume normal activity, unless otherwise directed. Use common sense.
4. Using an anti-inflammatory medication such as Ibuprofen (Motrin, Advil) or Naprosyn (Aleve) will make narcotics such as Vicodin, Tylenol #3 and Percocet work better. You may take twice the amount listed on the over-the-counter bottle (i.e. 2400 mg/day for Ibuprofen). Do not use if you are taking a prescription anti-inflammatory such as Celebrex. Side effects of the narcotics include drowsiness, constipation, and nausea. Uterine cramping is decreased more by anti-inflammatory medications than by narcotics.
5. Remove simple band-aids from incisions in 6-10 hours. There is not need to cover incisions unless they are oozing. Small amounts of drainage or bleeding is normal. Steri-strips should be removed 3-5 days after surgery. If you have had a laparoscopy and have visible sutures, make an appointment for suture removal in 3-5 days. Glue can be removed from incisions in 3-5 days.
6. If you have had a laparoscopy, you may have some shoulder or neck pain for 24-48 hours afterwards. It may last up to one week. If so, lie flat and the pain should decrease. If pain persists or becomes severe, please call the office. You may also experience incisional pain, bloating and/or bruising with skin discoloration for a short period of time following your surgery.
7. If you had a miscarriage or an ectopic pregnancy and are blood type Rh negative, you should have a Rhogam shot unless your partner is also Rh negative.
8. Notify your doctor if you have a temperature great than 100.4 degrees Fahrenheit, unusual pain, or bleeding greater than one pad every hour. Call your doctor for medication if persistent vomiting occurs.
9. You may shower or take a bath on the day following surgery.
10. You may drive, if you are not taking pain medication, on the day following surgery.
11. Narcotics, a decrease in activity, and/or a change in diet may result in constipation. A stool softener, such as Benefiber or Colace, may aid in the return of normal bowel function and is available without a prescription. If you are having symptoms of constipation, use a laxative such as Ducolax pill or suppository or a Fleets enema.
12. If you have any problems or questions, please call our office.