



Post Operative Instructions - Minor Surgery D&C, Laparoscopy, Hysteroscopy, Essure

Medications:

Ibuprofen 400mg every 4 hours or 600mg every 6 hours or 800mg every 8 hours as needed
Tylenol Regular or Extra Strength as written on the package.
A heating pad for abdominal discomfort is soothing.

You may remove your abdominal dressings in 24 hours. Keep incisions clean with gentle washing with soap and water. Keep the incisions uncovered to allow for proper healing.

No alcohol or non-prescribed medications for 24 hours post surgery.

Do not operate an automobile and/or heavy machinery for 24 hours after surgery.

Regular diet as tolerated.

Rest for the remainder of the day after you get home. You are likely to be sleepy/fatigued from the anesthetic. You may return to regular activities the day after surgery as you tolerate it. You may resume exercise when you feel your stamina has returned – usually 2-3 days after surgery. Listen to your body. If you are fatigued or short of breath, you may have been excessively active, so slow down!

You may shower, avoid tub bathing for one week.

You may return to work on the second day after surgery. Complicated laparoscopy procedures may leave you more sore and require a longer reprieve from work.

The following symptoms are common in the first 24 - 48 hours post operatively:

Abdominal cramping
Light vaginal bleeding to menstrual type bleeding
Sore throat (from anesthetic intubation) if you had general anesthesia; may take throat lozenges
Slight oozing from incisions – clear, yellow tinged or blood tinged
Fatigue, loss of energy

No douching, tampons or intercourse for one week.

Call us at (703) 280-9420 if you have the following problems:

Temperature over 101F six hours apart; not relieved with Tylenol
Heavy vaginal bleeding
Severe abdominal pain
Heavy drainage from incision, foul odor from incision

Return for follow up appointment in two weeks.