



In-Office Surgery with Sedation – After Care Instructions

You will likely feel groggy over the next few hours but feel normal tomorrow. Slowly work back to your normal exercise habits. Listen to your body-if you are sore, take it easy. There are no issues with stairs. Continue to eat and drink as normal.

If your surgery involved the hysteroscope (camera in the uterus) with or without sampling of the tissue, you could expect to bleed like a light period today and then spotting for up to a week after. Do not use tampons during this time. If you are menstruating, it is okay to use tampons with your next cycle. Do not have sex while you are having postoperative bleeding.

If your surgery has incisions in the vagina or on the vulva, you cannot have sex or get in a pool/tub/lake until cleared by your doctor at the 2-week appointment.

If you have an incision, you can remove any dressing 24 hours after surgery and shower. Leave it open to air or you can cover it with a bandage if it is oozy. Clean gently with soap and water and pat dry. It is okay to wear a pad if necessary.

If you require pain medication during your recovery and do not have a medical contraindication, ibuprofen (Motrin, Advil, etc) 200-800mg every 8 hours as well as 500-1000mg acetaminophen (Tylenol) every 6 hours over the counter is recommended.

Sometimes your bladder can feel irritated following surgery. Continue to drink water and empty your bladder frequently. Call if this feeling persists past the first day.

If you are having any of the following issues, please call Alliance immediately at (517) 484-3000.

- fever of 100.4F or higher
- uncontrolled pain
- open incision or redness around incision
- saturating a pad with blood in 30 minutes.
- unresolved nausea and vomiting.
- unresolved constipation or bloody stool