

Center for Advanced Gyn & Urogynecology  
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## **POST-OPERATIVE INSTRUCTIONS FOR PROCEDURES IN THE OFFICE UNDER ANESTHESIA.**

You have recently undergone an in office procedure under anesthesia. The following information will help you understand what to expect during your recovery period.

**Personal Care:** Please do not use anything vaginally for a few days– no tampons, no douching, no intercourse. Also, it is best to avoid soaking in a tub or swimming as bacteria in the water can enter the uterus in this way.

**Bleeding:** You will likely have a small amount of bleeding after your procedure. It should not be heavier than a light menstrual period and will probably resolve spontaneously within a few days. You may get your period earlier or later than expected (anytime from a few days to several months).

**Diet:** You may eat whatever you feel you can tolerate. You may experience some residual nausea from the anesthesia or pain medication which may decrease your appetite. It is most important to remain hydrated and clear liquids are usually most easily tolerated.

**Activity:** You may resume your normal daily activities. You may find that you tire more easily as a result of surgery and anesthesia. It is best to avoid strenuous activity or sports for a few days after surgery, although there are no specific restrictions on activity. The speed with which patients “bounce back” after surgery varies widely and is largely dependent on the individual. Remember that your body is undergoing a healing process and that you may not have as much energy as usual.

**Pain:** Mild pelvic/abdominal cramping may occur after surgery. Most patients find that their cramping resolves spontaneously within a few days. For most patients, non-steroidal anti-inflammatory drugs (NSAIDS) such as ibuprofen (Motrin or Advil) work best to control post-operative pain. Typically, ibuprofen (Motrin or Advil) 400 mg is recommended every 6 hours as needed after surgery. Do not take the ibuprofen on an empty stomach.

### **Please call your doctor if you experience any of the following:**

- Temperature greater than 100.4 degrees
- Nausea and vomiting, unable to tolerate anything by mouth
- Vaginal bleeding, changing more than one pad every hour
- Progressively worsening pain.