

Discharge Instructions for Office-Based Procedures



Following I.V. Sedation

- Do not plan any strenuous activities for 48 to 72 hours following your procedure.
- Nausea may result from the I.V. sedation or the medication prescribed for pain. Drinking a small glass of carbonated beverage will generally control mild nausea. You may also take any remaining Zofran.
- After surgery, it is normal for the body temperature to be slightly elevated for 24 hours.

Diet

As soon as you feel like it, you may eat and drink as usual.

Activity

- You may resume activity as tolerated
- You may return to work and exercise within 24-48 hours
- Limit heavy lifting until you are seen in the office for your post-op visit
- Nothing in the vagina for 2 weeks - use pads instead of tampons for 2 weeks
- Refrain from swimming and baths for 2 weeks
- You may shower
- **No driving or operating machinery after taking narcotic pain medication**

Pain

If you received a Ketorolac injection for pain relief in the office prior to going home, the effects may last up to 6 hours. **You must wait 6 hours following the Ketorolac injection before taking your first dose of Ibuprofen.**

If you are experiencing pain, you may take the below medications which were pre-prescribed by your surgeon:

- **Ibuprofen 600mg tablet** - take 1 tablet 3 times per day by oral route
- **Acetaminophen 500mg capsule** - take 1 tablet every 6 hours by oral route
- **Oxycodone 5mg tablet** - take 1 tablet every 6 hours by oral route (*take only as needed for severe pain*)

Medications

Continue your regular medications

Bleeding

You can expect some light vaginal bleeding and watery discharge for several days up to a week. **Call if you are experiencing heavy vaginal bleeding or passing clots.**

Signs of Concern

Please call our office at **202-331-1740** if you experience any of the following:

- Uncontrolled/worsening abdominal or pelvic pain
- Fever >100.4°F or chills
- Heavy vaginal bleeding
- Nausea or vomiting

Post-Op Phone Call

Please expect a phone call from our clinical staff the day after your surgery