Civic Campus
Surgical Day Care Unit

Gynaecological Surgery Discharge Instructions
Disclaimer
This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified healthcare provider. Please consult your own personal physician who will be able to determine the appropriateness of the information for your specific situation.
**Following your surgical procedure you are advised to:**

- Eat small amounts of easily digested food today, then resume your regular diet.
- Resume your antibiotics and any other prescription medications as instructed.

**Dilation and Curettage (D & C) / Hysteroscopy / Cone Biopsy**

**Following this procedure:**

- You may have small to moderate amounts of vaginal bleeding. The bleeding should not be more than your heaviest menstrual period, or last longer than 2 weeks.
- You may have mild abdominal cramps for several days. You can take mild pain medication for this, but avoid aspirin products.

**Notify your Doctor or Health Clinic if you experience:**

- Heavy vaginal bleeding
- Severe pain
- A fever (temperature above 38°C or 100.4°F)
- A foul smelling discharge

**For 2 weeks after this procedure:**

- Do not have a tub bath; shower only
- Do not use tampons; use sanitary napkins (pads) only
- Do not have intercourse (sex)
Refrain from heavy exercise and manual labour for 1-2 days.

Keep your follow-up appointment with your Doctor, Health Clinic or the Gynaecological Clinic as advised, 3-4 weeks after your procedure.

Diagnostic or Sterilization Laparoscopy

Lower abdominal pain and discomfort and/or shoulder pain may occur in the first 24-48 hours. For severe pain or elevated temperature, call your surgeon.

If oozing from the incision occurs, remove band aid, wash area gently with clean washcloth, soap and water. Pat dry and apply fresh band aid.

Wear a pad for slight vaginal bleeding, if necessary.

For first 24 hours following an anaesthetic you are advised NOT TO:

- Drive a car (it is an offence under the Criminal Code to drive a motorized vehicle while impaired by alcohol or drugs — a sedative is a drug)
- Perform any task requiring skill, coordination or judgement including legal decisions
- Drink beer, wine or other alcoholic beverages
- Smoke
Check with your Doctor regarding:
• Amount of activity allowed after surgery
• When you can return to work
• Resuming your regular medications
• Date and time of your next appointment

If you have concerns:
• Contact your Doctor — if unable to contact him/her, then
• Go to the closest Emergency Department.