
Lake of the Woods District Hospital Discharge Information Following a Gynecological Procedure

Follow up Appointment

Follow up with Dr. Leslea Walters in _____ weeks.

Call (807) 468-9861 ext. 2287 to make your follow up appointment.

Effects of Anesthesia

1. If you received sedation today, this section applies to you:

- The effects of the drugs that you were given during or after your surgery can last up to **24 hours**.
- The side effects of these drugs can alter your short-term memory, judgement, motor skills, and response time.
- **Have a responsible adult take you home and remain with you for the rest of the day and overnight.**
- **DO NOT** drink alcohol, use machinery, power tools, or drive a motorized vehicle for at least 24 hours.
- **DO NOT** make any major decisions or sign any legal papers for at least 24 hours.

General Instructions for all Procedures

1. Diet

- You may feel some nausea. Eat and drink whatever you can tolerate.
- Resume your usual diet when you feel ready.
- Avoid alcohol while taking pain medications.
- Avoid constipation by increasing fiber in your diet (fruits, vegetables, whole grains, and cereals)
- Drink 6-8 glasses of water each day.

2. Call your doctor if you have the following:

- Chills or fever over 38°C or 101°F by mouth
- Increased bleeding, swelling, tenderness, redness, or foul odor from your incision
- Vomiting that does not go away
- Trouble or burning when passing urine
- Increased pain not relieved by pain pills
- Severe headache

3. Call 911 or go to the nearest Emergency Department if you have the following:

- Severe chest pain, or shortness of breath
- Heavy vaginal bleeding, large clots, or foul discharge
- Pain, swelling, or redness of your legs

Lake of the Woods District Hospital Discharge Information Following a Gynecological Procedure

Instructions for SPECIFIC Procedures (in addition to General Instructions for all Procedures)

1. L.E.E.P Procedure or Cervical Biopsy

a. Activity

- Plan to rest for a few days.
- Your cervix will need 2 weeks to heal properly.
- Do not put anything in your vagina for 2 weeks after the procedure. This includes no tampons, no douching, and no sexual intercourse.
- Avoid strenuous exercise for 2 weeks.
- Follow your doctor's advice about returning to work.

b. Bleeding/ Discharge

- A moderate amount of red, dark, or watery discharge.
- A black or brown 'clumpy' discharge that lasts up to 2 weeks.
- The discharge may have an odor but should not smell bad.

c. Pain

- You may experience mild cramping for 1 to 2 days. To relieve pain, you can take acetaminophen (Tylenol) or ibuprofen (Advil or Motrin).
- You can also use heat to relieve cramping. Put a heating pad on your belly for no more than 20 minutes at a time. Never go to sleep with a heating pad on as it can cause burns.

d. Personal Care

- You may have a shower.
- Avoid swimming, hot tubs, and bathing for 2 weeks.

2. Endometrial Ablation

a. Activity

- You may return to your usual activities the day after surgery if you are feeling up to it.

b. Bleeding

- It is normal to have some bleeding, spotting, and discharge for up to 12 weeks. By this time, you should be able to tell how well the surgery worked. Your periods should be lighter than before or have stopped completely.

c. Pain

- After the procedure, you may experience cramps, discomfort, and pain.
- Ways to relieve this pain include:
 - taking prescription pain medication if prescribed by the doctor
 - walking and moving around with frequent rest periods
 - applying heat (use a heating pad, heat pack or warm blanket) to your abdomen
 - doing deep breathing and relaxation exercises

d. Personal Care

- It is important to avoid baths, swimming, using tampons or having intercourse until advised by your doctor. (This is usually until after your follow up appointment which is about 6 weeks after surgery.)

Lake of the Woods District Hospital Discharge Information Following a Gynecological Procedure

3. Hysteroscopy

a. Activity

- You may return to work and return to your usual activities the day after surgery if you are feeling up to it.

b. Pain

- You may feel mild cramps.
- To relieve cramps, you can take pain medication such as acetaminophen (Tylenol) or ibuprofen (Advil or Motrin).
- Deep breathing, relaxation exercises, and a warm bath or shower can also help relieve cramps.
- applying heat (use a heating pad, heat pack or warm blanket) to your abdomen

4. Dilatation and Curettage (D &C)

a. Activity

- You can do your usual activities and return to work the day after your procedure.
- If you have bleeding, do not use tampons, or have sexual intercourse for at least 7 days or until the bleeding has stopped.
- If you have spotting only, you may use tampons or have sexual intercourse. The procedure does not have sexual side effects.

b. Pain

- You may feel mild cramps.
- To relieve cramps, you can take pain medication such as acetaminophen (Tylenol) or ibuprofen (Advil or Motrin).
- Deep breathing, relaxation exercises, and a warm bath or shower can also help relive cramps.

c. Bleeding

- A small amount of bleeding is normal after a Dilatation and Curettage procedure.
- The bleeding should decrease in a few days and stop within 2 weeks.
- However, you may continue to have spotting for up to a month. This will usually stop after your next period.

Did your doctor tell you that you have developed an infection related to your surgery? If YES, please call the LWDH Infection Prevention Control office (807) 468-9861 extension 2362.
Thank you for helping us ensure quality care.