

DISCHARGE INSTRUCTIONS

If you have had general anesthesia: Do not drive a vehicle or watch small children for 24 hours after your procedure.

PLEASE FOLLOW THESE INSTRUCTIONS UNTIL AFTER YOUR FOLLOW-UP EXAMINATION

1. Take all of the medications you have been given or prescribed
2. Have a follow-up examination 2-3 weeks after your procedure
3. **DO NOT** put anything into your vagina for 2-3 weeks or until your follow-up examination- NO tampons, douching, feminine hygiene products or vaginal sex
4. Do not swim or take tub baths for 2-3 weeks--just take showers
5. No gym class, running, exercise or standing for long periods of time for 2 weeks
6. Do not lift anything more than 10 pounds for 2 weeks after your procedure
7. Do not take Aspirin products for pain relief. Aspirin can thin your blood and make you bleed more
8. Start your birth control on the Sunday after your procedure
9. Most important-listen to your body! Rest when you are tired and ease SLOWLY back into your routine

WHAT IS NORMAL BLEEDING?

- BLEEDING and PASSING CLOTS is **NORMAL** after surgery but can vary from woman to woman. You may not bleed at all or you may start bleeding 2-3 days after your procedure. Your bleeding may start and stop or it might be constant and it can last 4-6 weeks. The blood may be light or heavy or simply a red brown discharge. All of these things are normal.
- This bleeding is from your surgery--it is not your period. Your next period will begin in 4-8 weeks. *If you do not experience a period within 8 weeks (approx. 2 months) after your surgery, call CHWC to speak with a nurse.*

WHAT IS NORMAL CRAMPING?

- Mild to moderate cramping, similar to menstrual cramps, is normal after your procedure. To relieve cramping you may take the Ibuprofen 800mg every 8 hours as needed. Regular or Extra Strength Tylenol can be taken instead if you are allergic to Ibuprofen.

WHAT ELSE CAN I DO FOR CRAMPING?

- Sit or lie down and put a warm heating pad on your lower belly
- Try drinking something hot, like tea
- Deeply massage your lower belly. This might be uncomfortable at first but it will help to pass clots and relieve your pain

WHAT ELSE CAN I EXPECT?

- Breast tenderness is normal. To help relieve discomfort, wear a tight fitting bra 24 hours a day.

DO NOT TOUCH OR STIMULATE your breasts and avoid having hot water from the shower run on them directly. Ice packs can also help to relieve pain.

EMOTIONAL HEALTH

- Just as you may experience a wide range of physical symptoms after your surgery, you may also experience a wide range of emotions and feelings. This is normal. If at any point you feel you need to talk with a counselor from CHWC, please call the center. If you want to remain anonymous, you can contact Exhale at (866)439-4253 or you can contact Backline at (888) 493-0092.

WHAT IS NOT NORMAL? WHEN SHOULD I CALL CHWC?

- You are running a fever of 100.4° or more for two or more hours
- You pass blood clots larger than a lemon for one or more hours
- You soak through more than 2 large maxi pads in one hour
- You have severe cramping that is not relieved by Ibuprofen or Tylenol

If you are having a problem related to your surgery, please contact CHWC prior to going to a physician or hospital emergency room. **In the event of an emergency, please call (800) 877-6331** to speak with a CHWC nurse. Please take your temperature, check your bleeding and get the number of your pharmacy before you call. *Your follow-up examination and any care you receive at CHWC is provided as part of your procedure at no additional charge.*