

ART & SCIENCE of
OBSTETRICS and GYNECOLOGY PC
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POST OPERATIVE INSTRUCTIONS
HYSTEROSCOPY with DIRECTED BIOPSY and/or POLYPECTOMY
with ENDOMETRIAL ABLATION

You have just undergone a surgical procedure which involved the use of general anesthesia. If you experience any problems after being discharged to home, during office hours contact Dr. Lackore by calling his office at 481-3366. After 4:30 p.m. Call the **night time emergency number 455-3584**. Dr. Lackore has cross coverage with WomanCare Center Physicians who may respond to your need for information or care.

The anesthesia will be acting in your body for the next 24 hours, so you will feel a little sleepy - this feeling will slowly wear off. Since the anesthesia (and sometimes medication for pain and nausea) is still in your system, do the following:

NORMAL ACTIVITY - someone must drive you home. Rest and pamper yourself this day. Usually you will feel well enough in 24-48 hours to resume most of your normal activities including light work at your job. Do not engage in competitive sports, heavy work or strenuous activity for ten days. Thereafter **gradually** return to what is normal for you.

YOU MUST - have an adult with you for 24 hours.

DO NOT – drive a car until you are fully alert, comfortable, off all pain medications and back to your usual full abilities (PLEASE wait at LEAST 24 hours, longer if you feel discomfort).

DO NOT - operate hazardous machinery, power tools or kitchen appliances for 24 hours.

DO NOT - care for small children for 24 hours – it is **NOT safe** to have this responsibility.

DO NOT – put anything in the vagina for one week. No tampons, douching or intercourse.

DO NOT – take a tub bath. Showers are preferred in the first 48 hours. After you feel alert and comfortable tub baths are ok.

DO NOT - make any important personal or business decisions or sign any legal documents for 24 hours.

DANGER SIGNS: (call urgent contact phone numbers above).

1. **SIGNS OF INFECTION:** increase in pain, foul odor, severe chills, fever (temperature over 100.5).
2. **EXCESSIVE BLEEDING:** Repeatedly soaking a pad every 15 minutes is not OK – call!
3. **NAUSEA, VOMITING, DIARRHEA:** Severe or more than 24 hours – Call.
4. **URINARY SYMPTOMS:** If you feel persistent urinary burning or pain or if you have not urinated within 12 hours after surgery, call your Physician.
5. **PAIN** – this procedure is normally associated with only be mild cramping. Call if pain is steadily worsening.
6. **VAGINAL DISCHARGE** – this procedure is commonly associated with a light bloody or very dark brownish discharge for 30 days. Do not let this alarm you as it is normal and expected.
7. Any other serious **questions or concerns** that things may not be going well.

DIET:

1. Begin with clear liquids for an hour (7-Up, ginger-ale, Sprite, tea, apple juice – anything you can see through). Next, you may progress to Jell-O, chicken noodle soup and crackers. By evening, you may have a normal light meal if you wish.
2. Avoid spicy, fried or “heavy” foods and dairy products for 24 hours (no pizza or hamburgers).
3. No alcoholic beverages, including beer and wine, for 24 hours and while taking pain medications or antibiotics.
4. Resume your regular diet as tolerated.

NEW PRESCRIPTIONS: You may take Tylenol or Aleve (at normal doses on the bottle) as you wish for discomfort.

SIDE EFFECTS OF NEW MEDICATIONS:

1. Take your prescription medications as ordered by your physician.
2. **Take pain medications with food or milk.**
3. Review **pamphlet supplied by the pharmacy** where your prescription was filled.
4. Call your surgeon or pharmacy if you do not understand your new medications.

POST OPERATIVE VISIT: this visit is usually scheduled before surgery. If not, please call the office at 481-3366 and make an appointment for your post-operative check-up 2-3 weeks following the procedure.

