



GYN Procedures

What to expect after your operation

Your doctor for your GYN surgery was:

This handout gives instructions for you to follow after your operation. It includes symptoms that require a call to your doctor.

Activity

Until your next clinic visit, or for the next ____ weeks:

- Do **not** insert anything in your vagina. This includes douching, tampons, or intercourse.
- Avoid heavy lifting or any activity that puts a strain on your abdomen.

Dressing Care

- You may shower after surgery, but if you have a dressing (bandage), keep it dry for 24 hours.
- You may change your Band-Aid dressing in 24 hours.

Medicine

- _____ .

When to Call Your Doctor

Call your doctor if you have:

- Fever higher than 100°F (37.8°C)
- Pain that is not controlled by your pain medicine
- Bright red bleeding that soaks your dressing
- Signs of infection at the incision site, such as:
 - Redness, swelling, or warmth
 - Foul-smelling drainage
- Problems from the pain medicine, such as:
 - Nausea or vomiting
 - Rash or itching
 - Difficulty urinating

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