Patient Education

Women's Health Care Center



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



Women's Health Care Center GYN Procedures

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Weekdays from 8 a.m. to 5 p.m., call the Women's Health Care Center: 206-598-5500

After hours and on holidays and weekends, call 206-598-6190 and ask for the resident on call for Gynecology to be paged.

Call 9-1-1 or go to the emergency room if you have severe reactions to medicines such as:

Your follow-up visit at the Women's Health Care Center is on:

- Difficulty breathing
- Hives
- A lot of bleeding

Follow-Up Visit

Date:	Time:
Call 206-598-5500 if you have a	ny questions about your appointment.
Notes	

UW Medicine

UNIVERSITY OF WASHINGTON MEDICAL CENTER

Women's Health Care Center

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