

Houston Women's Care Associates

Post Procedure Instructions

After the Procedure You May:

- Experience light bleeding or a discharge that looks like coffee grounds
- Enjoy a regular diet as tolerated
- Shower or bathe as usual
- Use panty liners or pads as needed
- Climb stairs and walk
- Take Tylenol or Ibuprofen for post procedure discomfort
- Begin regular daily activities in one day unless otherwise told by your physician
- Drive when you are no longer taking narcotic pain medication for example:
 - Codeine, Vicodin, Hydrocodone, Norco, Tylenol #3
- Resume intercourse when you are no longer experiencing postoperative pain, vaginal bleeding or spotting
- Resume exercise when post procedure pain and spotting or bleeding ceases

Please Alert Us If You:

- Experience persistent nausea or vomiting
- Saturate or soak a maxi pad in an hour for two hours
- Experience severe pain
- Feel lightheaded or dizzy
- Have pain lasting greater than 48 hours or increasing pain
- Have fever of 100.4 or greater
- Notice foul smelling vaginal discharge
- Find redness or discharge at an incision or laser site

Please be sure you keep your important follow up visit with your Physician

Office Phone: 713-795-1000

After Hours: 281-812-7446