

PERIOPERATIVE SERVICES

Post-Operative Instructions

D and C and/or Cone Biopsy Surgery

PAIN:

You may have some cramping. Tylenol Extra Strength should be sufficient for pain control if your Surgeon has not given you a prescription.

OPERATIVE SITE:

There will be some bleeding for 3 to 14 days following your procedure. It should not be particularly heavy or contain large clots.

ACTIVITY:

As tolerated. You may have a tub bath or shower tomorrow.

DIET:

Resume your usual diet. Increase the amount of fibre in your diet and drink plenty of fluids to avoid constipation.

FOLLOW-UP:

Your Surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

ADDITIONAL INFORMATION:

If you use tampons, do not use them for 4 weeks.

If you had a **D and C** only, you may resume intercourse in 2 weeks.

If you have had a **cone biopsy**, you may resume intercourse in 6 weeks.

Call your Surgeon or go to the Emergency Department if you have any of the following:

- high fever (38°C or 100.4°F) and/ or chills lasting more than 24 hours
- heavy vaginal bleeding
- increasing abdominal pain

PLEASE SEE OTHER SIDE →

NORS 581-17-07



Queensway
Carleton Hospital

Patient safety is very important to the Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your Doctor and Health Care Team about your particular health care needs.

Protect Yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean Hands Save Lives.