

Postop Instructions after minor procedures (Hysteroscopy, D & C, LEEP)

If you have questions not covered here please call or email through the website.
Urgent issues: What to call for immediately at 650 239-5303

- a. bleeding greater than a maxipad per hour
- b. fever greater than 100.9 degrees F
- c. inability to pass gas 72 hours after surgery (this does not include constipation see 5 above)

Nonemergent questions:

1. Please understand that you are undergoing surgery. It takes time to recover and you need to adjust your expectations accordingly.
2. You need a postop appointment with Dr Serrato. It should be scheduled at the time of your preop with your doctor. She should tell you when she wants to see you after surgery. You DO need to see your doctor for a postop check as instructed.
3. Bathing: You may take a bath or shower the day of surgery.
4. Staples and sutures: Sutures are absorbable and do not need to be taken out.
5. Constipation: Surgery, anesthesia and narcotics cause constipation. Over the counter remedies for this includes Colace 100-200 mg twice daily, Metamucil, Milk of Magnesia 2 teaspoons every 4 hours as needed, or Dulcolax suppositories. Stool softeners and laxatives may be necessary for quite some time so use them as long as needed. Keep well hydrated as this also helps to reduce constipation. Dried fruit such as prunes are also an effective natural remedy for constipation. Chewing gum also stimulates bowel
6. Vaginal discharge: It's common for anyone undergoing vaginal surgery to have vaginal discharge. This may be white, yellow, greenish, bloody or a combination. It may last for many weeks. Only if bleeding is greater than a maxipad saturated in 2 hours, call the office immediately.
7. Vaginal rest : Avoid sex or placing anything in the vagina until approved by your doctor.
- 8.. Driving: Resume driving when you are no longer taking narcotics and your reflexes and stamina make you a safe driver.
9. Exercise: Exercise like walking is encouraged during your recovery. Avoid high impact sports such as aerobics, running, tennis and heavy weight lifting until your first postop appointment (no more than 5 pounds).
10. Pain: Pain is expected after surgery. Do take the pain meds you were prescribed as needed. If you have certain sensitivities to narcotics, let me know because some narcotics require a special form to be handed to the patient rather than called in.

If you have any other questions please call the office at 650 239-5303 during office hours or email me from the website or, if urgent, call 1 855 737-7286 and for EMERGENCIES, dial 911.