

Post-Operative Instructions
POTOMAC FAMILY PLANNING CENTER

Jackson Place North 966 Hungerford Drive, Suite 24, Rockville, MD 20850
(301) 251-9124 (800) 260-2464 Fax (301) 251-8581
After Hours **Urgent** Phone Number (800) 301-2615

PLEASE READ CAREFULLY.

1. For the next 2 weeks you should not have intercourse, use tampons, take baths, douche or swim. Showers may be taken. Avoid strenuous physical activities and heavy lifting.
2. Bleeding after the surgery will vary from no bleeding to bleeding like a heavy period. You could have **no** bleeding or you could bleed, spot off and on, and pass small clots for up to 2 weeks. Excessive bleeding is considered completely soaking a sanitary napkin in one hour. You can expect your period in 4 to 6 weeks. If you are going to use birth control pills, Nuva Ring, or patch, begin on Sunday, even if you are not bleeding. Your period will occur after the completion of the first month of birth control.
3. Expect mild cramping, backaches, or other discomforts. Take your usual pain medication such as Tylenol, Motrin, or Aleve as directed. **Do not take Aspirin Products.**
4. Take your temperature for the next 5 days; if it is above 100 degrees call the center.
5. Please return in 2 to 3 weeks for a follow-up visit. Remember to bring the follow-up form with you. If you go to another doctor for follow-up, please mail or fax the completed form to us.
6. Take all prescribed medications as directed by your physician.
7. If you experience any of the following symptoms contact the center immediately. Someone is available to take your call 24 hours a day. During normal business hours call (301) 251-9124 or for urgent after hour calls please call the answering service at (800) 301-2615 and ask for the Potomac Family Planning Center physician.
 - a. temperature above 100 degrees twice in any 24 hour period
 - b. allergic reaction to antibiotic (itching, rash, or hives)
 - c. heavy bleeding and passing of large clots
 - d. severe pain not relieved by pain medication

AFTER TWILIGHT SLEEP OR GENERAL ANESTHESIA FOR YOUR HEALTH AND SAFETY:

1. **DO NOT** drive a motor vehicle, operate machinery or appliances for 24 hours following surgery.
2. **DO NOT** engage in activity that requires mental alertness for 24 hours.
3. **NO** alcohol for 24 hours.
4. Dizziness may last for several hours. It is not uncommon for you to feel drowsy. It is suggested that you lie down and relax for the remainder of the day and limit yourself to essential activities.
5. You may eat and drink liquids as you like.
6. Slight nausea is not uncommon. If you have severe nausea and vomiting please call the center.
7. If you are taking medications daily, you may resume your normal schedule. Take all medications prescribed as instructed.

PLEASE CALL THE CENTER AT (301) 251-9124 IF YOU HAVE ANY QUESTIONS.

Date: _____

Patient's Signature: _____

Witness: _____