

## POST-OPERATIVE INSTRUCTIONS

**Please read these instructions carefully and follow the advice given below.**

### **For the first 24 hours after your operation**

Do not drive a motor vehicle, sign legal documents or operate machinery until the day after your anaesthetic.

Commence taking prescribed antibiotics. (must be taken in the middle of a meal to prevent nausea.)

If you are going to take the oral contraceptive pill, you should start on the day of your procedure or the following day. Most pills are NOT effective until taken for at least 2 weeks.

### **For the first two weeks after your operation**

You should avoid strenuous exercise or heavy lifting. Aerobics, yoga, and jogging are OK

Continue to take all antibiotics as prescribed. (in the middle of a meal)

To avoid infection (which could lead to infertility or serious illness if left untreated);

- You must NOT have intercourse.
- You must NOT swim or have a bath. Showers are OK.
- Do NOT use tampons. Use sanitary pads instead.
- Do NOT douche. *Nothing at all in your vagina for two weeks.*

### **Other important information**

**Your next period should occur about 4 to 8 weeks after the operation.**

It is possible to fall pregnant during the time between your operation and your next period, so ensure that you are using some form of contraception.

Bleeding can be variable after a termination. Some women bleed for only a day and some will have bleeding for over a week. **It is common for some women to have increased bleeding and cramping about 4 to 5 days after the procedure.** This should settle again, by itself, in a few days. If required, Neurofen, Ponstan or Naprogesic may be taken to relieve cramping and will also lessen bleeding. (read the precautions that come with these medications). Paracetamol has little effect.

If at any time, you experience very heavy bleeding, (eg. if you saturate more than one maxi-pad per hour for 2 to 3 hours consecutively, or saturate more than 5 pads in 24 hours), experience severe cramps, or if moderate bleeding (other than light spotting) continues 2 weeks after your operation, please contact the clinic for advice.

If you start to feel unwell, or notice an offensive vaginal discharge after the first 24 hours, please take your temperature. If it is greater than 37.2 on 2 readings, please contact the clinic. A raised temperature could indicate infection, which requires extra treatment.

Please be aware that pregnancy tests will continue to return a positive result for two to three weeks, so a positive result during this time does not necessarily indicate a continuing pregnancy.

We recommend that you have a check-up in 10 to 14 days. If you are not coming back to the clinic please see your regular doctor or the doctor who referred you.

**IF YOU ARE WORRIED ABOUT ANYTHING CONCERNING YOUR OPERATION, PLEASE PHONE THE CLINIC ON (02) 9690 0000.** This number is for urgent medical problems and operates 24 hrs. If the call is not answered immediately, please leave a brief message. If you have an urgent medical concern and are unable to contact the clinic, please go to the nearest hospital casualty department.