

Name: \_\_\_\_\_

**What should I do when I get home?**

- Rest the day of your surgery but be sure and get up and walk around
- Do not lift any thing that weighs more than 5 kg or 10 lbs for 2 days
- Ask your surgeon when you can go back to work
- You may shower the day after your surgery if the incisions are dry
- Use a mild soap and pat the incisions dry
- Keep the band aids clean and dry
- You may take the band aids off in 2 days
- If you have stitches they will dissolve
- If you had a D&C your nurse will give you the D&C information sheet
- Call your doctors office tomorrow to make an appointment for a follow-up visit

**What if I have pain?**

- You may have some discomfort in your chest, stomach or shoulder areas
- This is from the air that was put into your stomach
- Walking will help move the air and feel less pain
- Take acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) unless your doctor or nurse tell you not to
- Your doctor may give you a prescription for pain medicine
- Be sure to follow instructions on the medicine bottles
- Do not wait until the pain gets bad
- It is best to take the medicine regularly for 1 or 2 days

**Some pain medicine causes constipation:**

- Drink plenty of fluids
- Eat fruit, vegetables and grains
- Talk to your pharmacist about taking a mild laxative if needed

**Call your doctor if:**

- Pain is not relieved by your pain medicine
- Any incision is red, swollen or painful
- The drainage from any incision becomes bright red or smells bad
- Any incision becomes red and feels hot
- You have a fever greater than 38.0°C or 100.4°F
- You vomit or continue to feel sick and cannot drink anything for 24 hours
- You have pain, aching, swelling or redness in your calves

**Follow-up:**

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**Questions or Concerns:**

Health Link BC: 811  
(604) 215-2400

Hearing Impaired: 1 866 889-4700  
Or, contact your physician

**In an Emergency:** Call 911 or go to the hospital emergency room