

Name: _____

After your surgery:

- Use pads only, no vaginal tampons until after your follow up visit
- Avoid sexual intercourse until the bleeding has stopped
- Shower only, do not take a tub bath for 48 hours

You should call your doctor if you have:

- Heavy bleeding or large blood clots from your vagina
- Bleeding that lasts longer than 7 days
- A fever over 38° C or 100.4° F
- Discharge from your vagina has a bad smell
- Severe stomach cramps and pain medicine does not help
- Pain, burning or bleeding when you pass urine
- Trouble passing urine
- An urgent feeling that you need to pass urine all the time
- Pain swelling or tenderness in your leg or thigh
- Chest pain, coughing trouble breathing or coughing blood
- Dizziness for more than a few seconds or fainting
- Trouble having a bowel movement or stomach pains

What if I have pain?

- The amount of pain is different for each person
- Your doctor may give you a prescription for pain medicine
- You may take over-the-counter medicine such as acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) unless your doctor or nurse tell you not to
- Be sure and follow instructions on the medicine bottle
- Call your doctor if the pain in your abdomen does not get better with pain medicine

Follow-up Instructions:

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