



Post-Op Conization Instructions

Now that you are being discharged, there are several things to consider:

1. Absolutely NO intercourse, douching, or tampons for 4 weeks. These precautions help reduce the chance of infection.
2. You can expect to bleed or have a bloody vaginal discharge with some vaginal odor for the next 2-4 weeks. Vaginal bleeding may stop completely or recur or change from dark brown to bright red, depending on activity. You may expect to pass a few clots, maybe the size of a quarter or fifty-cent piece. However, if excessive, notify the office. Do not be alarmed unless extremely heavy, such as soaking one pad completely each hour.
3. You may take tub baths or showers, but NO bubble baths.
4. You may resume normal everyday activities and return to work within 7 days. Only minimal physical exercise, light swimming, bowling, etc. Strenuous exercise like aerobics, tennis, or racket ball should be delayed longer — about 3 weeks or otherwise stated by the doctor.
5. Notify my if you experience any of the following:
 - a. Heavy vaginal bleeding or abnormally foul discharge.
 - b. Fever of 100°F or higher on 2 occasions, taking temp every 4 hours. You may have a slight elevation, but if 100°F or higher, call your physician.
 - c. Severe pelvic or vaginal pain.
6. Call and make an appointment today to see me in 4 weeks for your check-up.

Above all, remember that we expect you to notify us of a problem if it arises before we see you in 4 weeks.

Sincerely,

Adam J. Fiedler, MD R. Kevin Smith, MD Gregory P. Moore, MD

