



## GYN EXAM UNDER ANESTHESIA

These instructions will help you take care of yourself at home.



### DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



### ACTIVITIES

Rest today. Slowly resume your usual activity as tolerated.



### SPECIAL CARE NEEDED

"Pelvic Rest". No sex, tampons or douches for 2 weeks or until your doctor says it's OK.



### INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



### WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. \_\_\_\_\_ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Heavy bleeding
- Severe cramping
- Passing clots

**Call 911 if you have chest pain or shortness of breath**