



WOMEN'S HEALTH ADVANTAGE

MINOR GYNECOLOGIC SURGERY (CERVICAL CERCLAGE) AFTERCARE

This instruction sheet gives you information about how to care for yourself after surgery. If you have any problems or questions, call Women's Health Advantage at **260-432-4400** during the hours of 8:30 AM to 4:30 PM, Monday through Friday.

What you can expect after surgery

After surgery, it's common to have:

- A sore throat if you had general anesthesia (due to the breathing tube that may have been used)
- Fatigue
- Poor appetite
- Pelvic cramping/pain for 24–48 hours
- A small amount of vaginal spotting

Activity

- You may shower as soon as desired.
- Do not take baths or swim until any vaginal spotting has stopped.
- Avoid strenuous activities and no heavy lifting greater than 25 pounds.
- Do not have sexual intercourse until your physician approves.

Diet

- You may resume your normal diet after surgery. Start with liquids and advance as tolerated.
- Nausea is common after surgery and usually resolves within 48 hours.
- If you have nausea after surgery, try eating small, frequent meals. Also try eating a bland diet, such as crackers, pretzels, toast, jello, protein smoothies, oatmeal, yogurt, rice, chicken broth, applesauce and bananas. It may take a couple days for your appetite to return to normal.
- If you have persistent nausea or vomiting, please contact the office.
- Drink enough water to keep your urine clear or pale yellow.

Medications

- You may immediately resume taking your usual home medications.
- You may use acetaminophen (ie: Tylenol) for cramping and minor discomfort.

What to watch out for

- Fever, defined as a temperature of 100.4 degrees Fahrenheit or greater
- Regular contractions
- Bright red vaginal bleeding
- Foul smelling or green/yellow vaginal discharge
- Chest pain and/or shortness of breath
- Nausea or vomiting that does not go away
- Persistent pain or bleeding with urination, or inability to urinate
- Pain, redness and/or swelling in your leg

If you experience any of the above, please call Women's Health Advantage at **260-432-4400** during the hours of 8:30 AM to 4:30 PM, Monday through Friday. If you are concerned about any of your symptoms or if the office is closed, seek care at an Emergency Department.