

**Surgery Center of Pinehurst  
Home Instructions for D&C**

No exercise or intense activity x2-3 days.

Nothing in the vagina, no sex/tampons, for 1-2 weeks.

Use ibuprofen for pelvic discomfort after surgery.

Use narcotic pills should discomfort not be controlled by ibuprofen.

Expect to have moderate to heavy vaginal bleeding.

Reasons to call the office/emergency line:

Fever, with temperature  $>100.4$ .

Very heavy vaginal bleeding (bleeding through thick pad in  $<1$  hour).

Pelvic pain not controlled with above medication regimen.

Dr. Malis

Office Numbers:

(910) 692-7928 Southern Pines

(910) 895-7528 Rockingham

(910) 692-4038 Raeford

**Surgery Center of Pinehurst**  
**Home Instructions for Hysteroscopy**

1) Pain Management-Following surgery you may need some pain medication. Ideally, you will only use an anti-inflammatory.

NSAIDS (Anti-inflammatory)

-Ibuprofen 600mg by mouth 4 times per day with food as needed

2) Restrictions

-Avoid sexual intercourse for 2 weeks

-Avoid submerging your body in water for 2 weeks

-Avoid vigorous exercise for 2 weeks

-Avoid driving until you feel you can slam on the brakes without pain

3) Things you can and should do

-Walk as much as you feel able

-Return to your normal activities after 2 days or sooner if you feel able.

-Go up stairs (gently at first)

-Shower

4) Follow-Up

-Make a Postoperative appointment for 2-3 weeks after surgery

5) Things to contact us for

-Brisk vaginal bleeding

-Fever greater than 100.4 degrees F

-Pain which is getting worse

-Inability to urinate

-Any other concerns

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**Surgery Center of Pinehurst  
Home Instruction Laparoscopy**

1) Pain Management-Following surgery you will need some pain medication. Ideally, you will only use both the anti-inflammatory on a scheduled basis and a narcotic on an as needed basis. Generally, scheduling the anti-inflammatory will keep inflammation and cramping to a minimum and allow you to use less of the narcotic. The 2 medications can be taken at the same time or not. They have no interaction with each other.

- Ibuprofen 600mg by mouth 4 times per day with food for 1 week
- Percocet (Oxycodone and Tylenol) 5/325 mg 1-2 tablets by mouth up to every 4 hours as needed
- Oxycodone 5 mg 1-3 tablets by mouth up to every 4 hours as needed

2) Incision Care

- Remove tape and bandage the day after surgery
- Remove the steristrips from your incisions after 1 week

3) Restrictions

- Avoid lifting anything heavier than 1 gallon of milk for 4 weeks
- Avoid vigorous high impact exercise for 4 weeks
- Avoid sexual intercourse for 4-6 weeks
- Avoid driving until you are off the narcotic pain medication and feel you can slam on the brakes without pain

4) Things you can and should do

- Walk as much as you feel able
- Spend your waking hours out of bed
- Go up stairs (gently at first)
- Shower
- With the exception of the restrictions above return to your normal activities after 2 weeks or sooner if you feel able.

5) Make a postoperative appointment for 2-3 weeks after surgery

6) Things to contact us for prior to your post operative appointment

- Brisk vaginal bleeding, fever greater than 101 degrees F, worsening pain, drainage from the incision, inability to urinate, or any other concerns.

7) Stool softener daily until normal bowel function returns

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**Surgery Center of Pinehurst  
Home Instructions for LEEP**

No exercise or intense activity x3 weeks.

Nothing in the vagina, no sex/tampons, for 6 weeks.

No heavy lifting (>10 pounds) x3 weeks.

Call to schedule a follow-up appointment with Dr. Malis for 2 weeks after surgery.

Use ibuprofen for pelvic discomfort after surgery.

Use narcotic pills should discomfort not be controlled by ibuprofen.

Expect to have heavy dark brown/black discharge, may be thick in consistency.

Reasons to call the office/emergency line:

Fever, with temperature >100.4.

Heavy vaginal bleeding.

Pelvic pain not controlled with above medication regimen.

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