

**Surgery Center of Pinehurst
Home Instructions for Cervical Conization**

To prevent possible infection:

for four weeks,

- *Do not use tampons
- *Do not douche
- *No sexual intercourse
- *Do not tub bathe

Activity:

You may return to work 3 days after surgery.

Avoid strenuous activity or exercise for about a week after surgery.

Medications:

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate and/or constipate, so drink plenty of fluids.

Do not drive a car as long as you are taking pain medication.

Please call your doctor with any of the following warning signs:

***Abnormal bleeding**—you may have dark-brownish red discharge for several weeks after surgery. If heavy, bright red bleeding starts and lasts for more than 24 hours, call immediately. If your period starts and lasts 2-3 days longer than your normal bleeding, please call.

***Fever** of 101 degrees or greater

***Pain** not relieved by pain medication and pelvic rest

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