

**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 2 weeks 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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