

Post-Op Instructions/After Surgery

Below are Dr. Roberts postoperative care instructions for all OBGyn surgeries. Please contact Dr. Roberts or her office with any questions and concerns you may have.

Any prescriptions will be sent electronically and on the day of surgery, unless told otherwise. Prescription/s should be available for pickup on your way home from the hospital or surgery center.

Most patients are able to be discharged home the same day and do not require an overnight stay in the hospital unless told otherwise during the preop visit or after the completion of the surgery.

Some reasons that can cause a patient to not go home the same day are:

- Poor pain control
- Difficulty voiding
- Complication during the procedure
- Difficult recovery from anesthesia

Vaginal procedures (including [endometrial ablation](#)), hysteroscopy, LEEP

- You may take a shower, but should avoid baths, vaginal intercourse, douching or tampons for two weeks.
- Take the prescribed pain medications per Dr. Roberts' instructions. In general, take these medications with food.
- Some patients may experience post-surgical constipation from the anesthesia. If this occurs, you may take Milk of Magnesia, MiraLAX or Colace twice a day.
- Schedule a follow-up appointment for 2 weeks after the procedure.
- Call our office at 512-383-9752 if you have a fever greater than 100.4, severe pain, heavier than expected bleeding or any concerns during recovery.

From the University of Colorado OB-Gyn webpage - <https://obgyn.coloradowomenshealth.com/services/surgeries/pre-op-and-postoperative-care>. Modified and updated by Dr. Crystal Roberts, #DocWhoListens, 10/2/21 for patient education purposes only.