



INSTRUCTIONS PRE AND POST SURGERY

PLEASE READ INSTRUCTIONS CAREFULLY. IF YOU HAVE ANY QUESTIONS, PLEASE ASK

PRE SURGERY

- 1) **Do not eat or drink ANYTHING including water, gum, mints or candy at all after 12:00 midnight the night before surgery or 8 hours prior to surgery if surgery is later than 12 noon.**
- 2) **The morning of surgery do not wear contact lenses, make-up, lipstick or jewelry.**
- 3) **Please arrive 30 minutes prior to planned surgery time to complete consents.**
- 4) **Be prepared to stay in the office for approximately 1 hour**

POST SURGERY

- 1) **Start the day of your surgery (today):**
 - a. **Begin taking Doxycycline 100mg by mouth twice daily for 10 days.**
- 2) **You must arrange for someone to drive you home after your procedure.**
- 3) **You may experience slight vaginal bleeding and cramps for a day or two after the procedure.**
- 4) **Tylenol may be used for any discomfort as directed on the bottle.**
- 5) **Avoid using tampons or douching and only use pads until the discharge stops.**
- 6) **Resume normal activities as soon as you feel comfortable, usually in 24-48 hours.**
- 7) **Resume a normal diet as tolerated.**
- 8) **The doctor will call you approximately 7 days after surgery with pathology results and further instructions for medication.**
- 9) **Schedule a post op appointment for 7 days after surgery.**
- 10) **Do not hesitate to call the office at any time should you experience a problem.**

