



Gynecology Specialists  
of Philadelphia

Sonya Lee, MD  
*General Gynecology & Pelvic Surgery*

## Post-Op Instructions

### **□ Hysteroscopy:**

- Expect to have watery bloody discharge over the next 2-10 days. You may experience cramping and can take advil/ibuprofen or Tylenol as needed. If you are still getting your period, your next period may be off in timing and duration.

--Restrictions: Nothing in the vagina for 2 weeks. No sex or tampons. You may shower but no tub baths or swimming

-The office will text or call you with your pathology results. There is no need to make a follow-up appointment unless you are having problems or have questions.

### **□ Outpatient Laparoscopy:**

-Expect to have some abdominal discomfort and cramping/pressure: Take the strong pain medication (usually Dilaudid or Percocet) as needed for pain. You can take ibuprofen as needed along with the strong pain medication. Do not take Tylenol with Percocet.

-Expect to have small incisions on your abdomen: Any bandages can be removed the following day. You may have steri-strips (white paper strips) or skin glue (purplish goop) on these incisions. You can gently remove these 10-12 days after your procedure.

-Possible Shoulder/upper back/neck pain: This is due to a gas bubble that can get trapped under the diaphragm at the time of laparoscopy. This strange discomfort will subside over the first 72 hours.

-Possible Constipation: Take Colace twice a day while on the strong pain medication as it helps fight constipation. If you become constipated, please take Milk of Magnesia (30 ml). If constipation persist, you can try a Fleet's enema or Dulcolax suppository. Please call the office if you have severe pain/nausea/vomiting/fevers

--Restrictions: Nothing in the vagina for 2 weeks. No sex or tampons. You may shower but no tub baths or swimming.

- Call the office and schedule a post-op appointment for 2 weeks from the date of your surgery

### **□ Loop Electrosurgical Excision Procedure (LEEP)/Cold Knife Cone**

-Expect to have some cramping for the first day. You can take ibuprofen or Tylenol for pain.

-Expect to have some light bleeding and discharge. The discharge will last for a few weeks while the cervix is healing

-Restrictions: Nothing in the vagina for 2 weeks. No sex or tampons. You may shower but no tub baths or swimming.

-Call the office and schedule a post-op appointment for 2 weeks from the date of your surgery

**\*\*\*\*\*CALL THE OFFICE WITH SEVERE PAIN/NAUSEA/VOMITING/FEVER\*\*\*\*\***

51 N. 39<sup>th</sup> st, Penn Presbyterian Medical Center, ● MOB 340 ● Philadelphia, PA 19104 ● 215-662-9775  
823 South 9<sup>th</sup> Street, 1<sup>st</sup> Floor ● Philadelphia, PA 19147 ● 267-239-2725

[www.philadelphiagyn.com](http://www.philadelphiagyn.com)