**SURGICAL SERVICES**

**Post-Operative Instructions**

**D and C and/or Cone Biopsy Surgery**

**PAIN:**

You may have some cramping. Tylenol Extra Strength™ and or Advil should be sufficient for pain control if your surgeon has not given you a prescription.

**OPERATIVE SITE:**

There will be some bleeding for 3 to 14 days following your procedure. It should not be particularly heavy or contain large clots.

**ACTIVITY:**

As tolerated. You may have a tub bath or shower tomorrow.

**DIET:**

Resume your usual diet. Increase the amount of fibre in your diet and drink plenty of fluids to avoid constipation.

**FOLLOW-UP:**

Your surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

**ADDITIONAL INFORMATION:**

If you use tampons, do not use them for 4 weeks.

If you had a D and C only, you may resume intercourse in 2 weeks.

If you have had a cone biopsy, you may resume intercourse in 6 weeks.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

Call your surgeon or go to the Emergency Department if you have any of the following:

* Elevated temperature (38ºC or 100.4ºF) and/or chills lasting more than 24 hours
* Heavy vaginal bleeding
* Increasing abdominal pain

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same." Clean hands save lives.