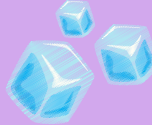




SURGERY POST-OP INSTRUCTIONS



Take it easy
the first few days



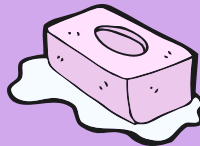
Ice 15-20 min
every hour for
the first 3-5 days



Apply the topical
anesthetic cream
every 6 hours as needed



Wear loose
comfortable clothing



Keep the area clean. **No rubbing or soaking in the tub.** Showers are okay.

FOR THE FIRST WEEK



Limit activities-
REST



Use pain medicine as
needed, take your
supplements



No heavy lifting or
exercise



Use your estrogen
cream prior to
bedtime



Finish your
antibiotics



Use Dermoplast Spray
for comfort



Do not use tampons



No sex
for 6-8 weeks



THINGS TO REMEMBER

You may spot blood or have white discharge- this is normal

Use a stool softener or the fiber supplements provided to reduce straining during elimination

If instructed to use topical growth factors, apply twice a day and estrogen cream at night

Weeks 2-4:

Gradually increase physical activities. Do not lift heavy objects. No impact exercise, jogging or aerobics.

Weeks 5-8:

Gradually resume normal activities.

Call us with any questions or concerns! 480-771-7771