



EMW WOMEN'S SURGICAL CENTER
SURGICAL ABORTION
POST-OPERATIVE INSTRUCTIONS FOR PREGNANCY TERMINATION

Your recovery should be smooth and uneventful if you follow these simple instructions:

1. Every patient must be accompanied and assisted by a responsible adult upon discharge. You must not drive yourself home.
2. Surgery, but more particularly general, regional, or intravenous sedation anesthesia, can leave you feeling tired and sometimes with a decreased appetite. We suggest you resume intake slowly with small amount when you feel hungry. If there is any doubt or uneasiness, do not eat or drink until you feel like it.
3. Do NOT drink any alcoholic beverages or use any unprescribed medications for the next 24 hours. To do so could interact with the medicines or anesthetics we have given you.
4. You may feel weak and tired for a few days. You may also experience some muscle soreness. Pace yourself. You will be receiving a prescription for cramps or muscle soreness.. If you choose not to have this prescription filled, you can take whatever over the counter medication you usually take. Should you experience severe cramps or constant lower abdominal pain, unrelieved by any of the above medications, contact this office. If we are unaware of the nature of your problem, we cannot respond appropriately.
5. Bleeding may be minimal and should not be more than the heaviest day of your period. This flow will probably last anywhere from two to fourteen days after the abortion; however some patients have no bleeding at all. For most patients the bleeding starts the day of the procedure, but some patients do not start bleeding for several days. Sometimes the blood does not drain well from the uterus. Because of this, you may pass some dark-colored blood clots. This is the normal process of the body: do not let it frighten you. You may feel some cramping right before the clot passes, Again, this is normal. Some women experience cramping off and on for as long as one week after the abortion.
6. You may experience breast fullness, tenderness or leaking within 2-3 days. This is not unusual. Wear a snug fitting, supportive bra at all times during the first week post-op. Avoid touching your breasts whenever possible since to do so stimulates the milk formation resulting in more fullness, tenderness and leaking. After approximately one week the breasts will become soft and normal. Until this time ice pack and Tylenol will give relief.
7. For the next two weeks please avoid the following:
 - A. Vaginal intercourse. To have vaginal intercourse introduces the possibility of infection from the "normal" bacteria present during intercourse that are not normal at the surgical site.
 - B. Douching or use of feminine hygiene products unless prescribed by your physician. These products are not necessary for cleanliness and should not be used.

C. Tampons.

D. Swimming or tub baths.

8. Though complications are rare, you should be aware of the following warning signs. If any should occur, notify us immediately:

A. Heavy bleeding — saturating more than three pads per hour

B. There may be a slight elevation of temperature for 24 to 48 hours. If temperature continues or is greater than 101° (if suspected, take the temperature before taking Tylenol), notify us.

C. Discharge with strong, foul odor.

D. Burning sensation with urination.

E. Severe abdominal pain unrelieved by over the counter medications or prescribed medications.

9. If you have received a prescription for any of these medications: Tetracycline, Monistat, Metronidazole, it is to treat or prevent infection. YOU MUST TAKE ALL OF THE PRESCRIPTIONS AS DIRECTED UNTIL THEY ARE GONE.

Your normal menstrual flow will begin 4 to 6 weeks after your abortion. If you are on birth control pills, you can expect your period during the last seven pills of the package. If your period does not start, begin a new package of pills anyway. Many women miss their first period after an abortion; however, the first period after an abortion can many times be heavier than normal.

Our physicians are experienced in diagnosing and treating post-abortion complications. Please notify us immediately if you have any of the noted symptoms. Many clinicians do not have experience with abortion, and may not be aware of the simplest and safest approaches to dealing with post-abortion complications.

YOU CAN REACH US 24 HOURS A DAY AT (502) 589-2124 FOR ANY PROBLEMS.

If you choose to go to your private physician or hospital emergency room, please call us so we can notify the attending physician or hospital of the medical care which you received from us. REMEMBER, IT IS NEVER ADVISABLE TO WITHHOLD MEDICAL INFORMATION FROM THE HEALTH CARE PROFESSIONALS WHO ARE TREATING YOU.