

Michael J. Benjamin, MD, FACOG

7777 North University Drive, Suite 102

Tamarac, FL 33321

Hours: Monday – Friday 8:30am – 5:00pm and Saturdays 8am – 12pm

Tel: (954) 720-7777 | Fax: (954) 726-2896

*After Hours, for **Emergencies only**, call: 954-790-7770*

Post-Operative Instructions

1. Eat lightly and drink plenty of clear fluids. Fluid intake is important to your recovery.
2. After your surgery, it is important to go home and rest for the duration of the day. No heavy lifting, long walks, or straining.
3. Avoid driving, operating machinery or making important personal or business decisions until the following day.
4. **FIRST TRIMESTER PATIENTS:** Nothing introduced into the vagina for 48 hours. Bathing as usual. **SECOND TRIMESTER PATIENTS:** Do not insert anything into the vagina for two weeks. Bathing as usual.
5. If you have been provided prescriptions, it is important that you fill these prescriptions and that you **TAKE ALL MEDICATIONS AS DIRECTED.**
6. Cramping is normal and may vary from minimal to severe. One of the prescriptions provided is a pain medication. Take it as directed to relieve the discomfort.
7. You may encounter bleeding in the next few weeks. The bleeding may come and go irregularly, and some patients may have no bleeding at all. This is normal.
8. Call the number above for any of the following:
 - Fever greater than 101 degrees Fahrenheit that persists for more than one hour.
 - Soaking a full size MAXI pad within one hour and/or passing quarter size blood clots or larger.
 - Pain greater than experienced with a severe menstrual period.
 - If you call us, please have **the date of your procedure, your pharmacy phone number, and the number of MAXI pads you have used in the last four (4) hours.**
9. Your first period usually returns in 6 to 12 weeks following surgery if you do not begin on birth control. The bleeding may be heavier, last longer and cramps may be stronger than your usual period. If you began oral contraceptive pills, patch, or vaginal ring, you can expect a period within the last 2 weeks of the contraceptive cycle. Your first period may be much heavier, last longer and be more crampy or painful than usual. Understand that it takes 2 to 4 cycles on birth control before your period becomes regular. You can **begin oral contraceptives on the Sunday following the abortion.**
10. Your breast(s) may become engorged (i.e. sore, tender, fluid filled) and leak within days after surgery: This is NORMAL. There is no medication available to treat breast engorgement. Wear a good support bra 24 hours a day, do not stimulate (squeeze) the breasts. The discomfort may increase slightly before resolving. Take your pain medication and gently apply cool compresses to the breasts as needed for the discomfort.
11. **It is your responsibility to return to this office or your private physician for a post-operative examination if you would like to have one.** The optional postoperative appointment timeframe for your procedure is 2(two)-3(three) weeks. There is not charge to patients for routine post operative exam if you present **within 28 days** from the date of your surgery. Any non-surgical related examinations or tests will be your financial responsibility.

No prescription refills or replacements will be provided after this visit. If you wish to continue your gynecological care with us, please call to schedule your appointment at least two weeks in advance. If you have received surgical and post-operative care only, you **will be a new gynecological patient.**

Especially for: _____

YOUR POST-OP APPOINTMENT: Please call our office to set up your post-op appointment

OR: _____

Comments/Instructions: _____
