Conization of the Cervix
Care After Surgery

Read the instructions below and refer to this sheet in the next few weeks. These instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you additional or **specific** instructions. While your treatment has been planned according to the most current medical practices available, unavoidable problems sometimes happen. If you have any problems or questions after you leave, call your caregiver.

DISCOMFORT AND NORMAL FINDINGS AFTER THE PROCEDURE

- You may have cramps (similar to menstrual cramps) for a few days.
- You may have a bloody discharge or light bleeding for 2 to 4 weeks.
- You may have a black vaginal discharge. This is from the paste that was applied to the cervix to control bleeding.

HOME CARE INSTRUCTIONS

- **Do not** drive for 24 hours.
- Avoid strenuous activities and exercises for at least 7 - 10 days.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- **Do not** take aspirin. It can cause or aggravate bleeding.
- You may resume your usual diet.
- Drink 6 to 8 glasses of fluid a day.
- Rest and sleep the first 24 to 48 hours.
- Take showers instead of baths until your caregiver gives you the okay.
- **Do not** use tampons, douche or have intercourse for 4 weeks, or as advised by your caregiver.
- **Do not** lift anything over 10 pounds (4.5 kg) for at least 7 to 10 days, or as advised by your caregiver.
- Take your temperature twice a day, for 4 to 5 days. Write them down.
- **Do not** drink or drive when taking pain medication.
- If you develop constipation:
  - Take a mild laxative with the advice of your caregiver.
  - Eat bran foods.
  - Drink a lot of fluids.
- Try to have someone with you or available for you the first 24 to 48 hours, especially if you had a general anesthetic.
- Make sure you and your family understand everything about your surgery and recovery.
- Follow your caregiver's advice regarding follow-up appointments and Pap smears.

SEEK MEDICAL CARE IF:

- You develop a rash.
- You are dizzy or light-headed.
- You feel sick to your stomach (*nauseous*).
- You develop a bad smelling vaginal discharge.
- You have an abnormal reaction or allergy to your medication.
- You need stronger pain medication.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have blood clots or bleeding that is heavier than a normal menstrual period, or you develop bright red bleeding.
- An oral temperature above 100° F (37.8° C) develops, or as your caregiver suggests.

- You have increasing cramps.
- You pass out.
- You have pain when urinating or bloody urine.
- You start throwing up (*vomiting*).
- The pain is not relieved with your pain medication.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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