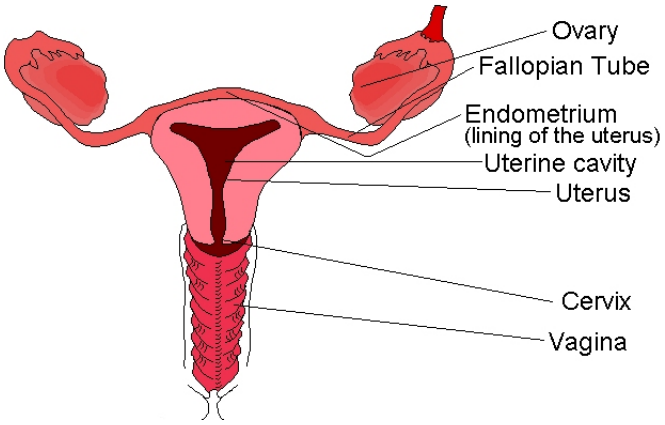
Conization of the Cervix
Care After Surgery

Read the instructions below. These instructions will help you to care for yourself after you leave the hospital. Refer to this guide for the next few weeks to help with your recovery. Your doctor may also give you ***specific*** instructions that are not listed here.

Conization of the cervix is a surgery to remove a piece of cervical tissue that is cone-shaped. The tissue is then examined under a microscope. This procedure is done to check for any abnormal tissue or cell changes.



HOME CARE

- **Do not** drive for 24 hours.
- Wait one week before returning to normal activities.
- Only take medicines as directed by your doctor. **Do not** take aspirin. It can cause bleeding.
- Do not stand for a long time.
- **Do not** lift, push or pull anything over 10 pounds.
- Limit stair climbing to once or twice a day.
- Rest often.
- Resume your usual diet.
- Drink fluids (6-8 glasses a day).
- If you become constipated, you may:
  - Take a mild laxative with permission of your doctor.
  - Add fruit and bran to your diet.
  - Drink more fluids.
- Take showers (not tub baths) for the first week.
- **Do not** swim or use a hot tub until your doctor gives you permission.
- Have someone with you or available to you for 2-4 days after the procedure.
- **Do not** douche, use tampons, or have sex until your doctor approves.
- Keep all your follow-up appointments directed by your doctor.

GET HELP IF:

- You develop a rash.
- You are dizzy or light-headed.
- You feel sick to your stomach (*nauseous*).
- You develop a foul-smelling discharge coming from your vagina.
- You have an abnormal reaction or allergy to your medication.
- You need stronger pain medication.
- You have a fever of 100.5°F (38.1°C) or higher.

GET HELP RIGHT AWAY IF:

- You have blood clots or bleeding that is heavier than your period, or if you have bright red bleeding.
- You have a fever of 102°F (38.9°C) or higher.
- Your cramps are getting worse.

- You pass out.
- You have pain when you pee (*urinate*) or there is blood in your pee (*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.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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