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Preoperative Instructions

1. Do not take any Aspirin or Ibuprofen at least seven (7) days before surgery. Tylenol is okay.
2. Do not eat or drink anything after midnight the night before your surgery. Your surgery may be cancelled if you do.
3. If you are diabetic and take Metformin, stop taking it 48 hours before Surgery.
4. Do not bring any valuables with you to the hospital.

Postoperative Care

Panty liners or sanitary pads may be used for any minimal bleeding.

It is normal to have some mild cramping, spotting, and dark or black-colored discharge for several days.

No douching, no tampons and no sex for 4 weeks or until cleared by your provider.

Call our office immediately if you have any of the following symptoms:

- Heavy Bleeding with clots
- Foul-smelling discharge or drainage (vaginal flow)
- Fever higher than 100.4
- Severe abdominal or pelvic pain

***Our triage nurse can be reached at (505) 559-4495,
press option #4 when calling our office.***

***For any surgery scheduling questions you may
press option #3 to reach one of our surgical coordinators.***