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HEROPTION CRYOABLATION PROCEDURE

PRE- PROCEDURAL INSTRUCTIONS

1. You must be driven to and from the procedure.
2. On the morning of the procedure, eat a light breakfast.
3. You will need to have a slightly full bladder for the procedure. Therefore, drink 8 oz. of water prior to arriving in the office and DO NOT urinate prior to the procedure.
4. Please take 600mg of ibuprofen (Motrin, Advil) the evening before the procedure and 2 hours before your appointment.
5. Although the procedure requires about 25 minutes, expect to be in the office for 1-2 hours.
6. You will be given an oral sedative and injection of pain medication prior to the procedure.
7. You should have Advil or Motrin at home for use after the procedure as you may experience cramps. You will also receive a prescription for pain medicine to be taken for more moderate discomfort.
8. Plan to stay home and do not be alone for the remainder of the day.
9. You may resume most normal activities the day after the procedure.
10. You may experience vaginal bleeding or spotting and a watery discharge that may last up to 3 weeks following the procedure.

If you have any questions prior to the procedure please call the office. 954-472-2201

Date:

Time: