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HEROPTION CRYOABLATION

POSTOPERATIVE INSTRUCTIONS

You may experience mild to moderate cramping (menstrual - like cramping) and pinkish watery discharge. This may last approximately 2 to 3 weeks. Use pads, not tampons during this time.

1. On the day of your procedure, you must not drive or operate machinery requiring judgement and/or quick reactions.
2. Plan to stay home for the remainder of the day. You may resume most normal activities the day after your procedure.
3. For 2 weeks after your procedure
 - a. Do not put anything in your vagina.
 - b. Do not have sexual intercourse.
 - c. Do not swim, take baths or Jacuzzi.
4. This procedure does not provide contraception (birth control), therefore continue using birth control if you are able to conceive.
5. Contact our office (954-472-2201) if you develop any of the following symptoms:
 - a. Temperature-100.6F or greater
 - b. Severe abdominal pain
 - c. Nausea/vomiting
 - d. Malodorous green vaginal discharge
6. Take your prescription antibiotic as prescribed _____
7. You may take Ibuprofen/Advil/Aleve as needed for mild pain.
8. You may take the prescription analgesia ie. Percocet, for moderate pain.
9. Please keep your postprocedure appointment.