



**599 W State Street  
The Pavilion at Doylestown Hospital  
Suite 301  
Doylestown, PA 18901  
215 489-2066**

## **Post-Operative Instructions Same Day Surgery**

Once your surgery is completed you will be taken to the recovery room where you will be monitored until your anesthesia wears off. This typically lasts about 45 minutes to one hour. Once you are cleared, you will return to the same day surgery area. At that time a family member may stay with you. Depending on the type of surgery and the length of anesthesia you will spend from 1 – 3 hours there. The post-operative nurses have a checklist with certain goals that need to be met before being discharged.

After your surgery Dr. Dinesen will, with your permission, meet with your family to discuss the case. However, some times this is not possible because of other patient responsibilities. Dr. Dinesen makes every attempt to meet with you prior to your discharge from the hospital.

The first 24 hours after surgery you should keep quiet. While you may feel fine it is important to let your body recover from the stresses of surgery. No exercising or going back to work until Dr. Dinesen says that it is safe. For D&Es, D&Cs, Hysteroscopies, laparoscopies, cone biopsies, and other vaginal biopsies 24 – 48 hours is safe. If a longer time is needed Dr. Dinesen will discuss this with you.

No intercourse or baths until your vaginal bleeding has stopped, this may take up to one week. No tampon use for one week. Showering is safe the day after surgery. Do not scrub the incisions, but they can get wet.

If you have any abdominal incisions you may remove the bandage and/or bandaide the day after surgery. Keep these areas clean and dry. You may have some bruising and/or swelling about these sites, this is normal.

Tylenol, Motrin, and Aleve are safe for use in post-operative pain. Aspirin is NOT as it may cause bleeding problems. A prescription of a narcotic may be prescribed for you as well. Please use these as directed. All of your normal medications, if any, can be restarted the day after surgery.

Please call the office the day **AFTER** your surgery to let us know that you are well. We also need to schedule a post-operative visit for you 1 – 2 weeks after the surgery. All your questions will be discussed at this appointment as well as future therapies, if needed.

If you feel that something is not right after your surgery please call the office or have Dr. Dinesen paged. We want to ensure that everything is fine post-operatively.