

POST OP INSTRUCTIONS

NOVASURE PROCEDURE/THERMACHoice PROCEDURE

Activity

1. No important decision making or driving in the first 24 hours due to the effect of the anesthesia.
2. No tampons, douching, or intercourse for 1 week.
3. May take a shower the morning after surgery.
4. May begin taking baths 4 weeks after surgery.
5. May begin swimming after post op follow-up appointment.

Medication

1. Prescription (if given)
2. Motrin 600 mg every 6 hours for 3 days.

Work

1. May return to work 1-3 days after surgery

Follow-Up

1. Call the office to make an appointment for 4 weeks after the surgery for a post-operative visit.
2. Call the office at (314)993-6401 or the exchange at (314)388-6140 if there are any problems, such as fever, excessive bleeding, or severe cramping not relieved with pain medication.
3. You may expect mild to moderate “menstrual” cramping and a pinkish watery vaginal discharge. This discharge may last for 2-4 weeks. Call if no vaginal discharge at one week post procedure.
4. Call if fever above 100.4 for 4 hours or ever over 101.5.
5. Keep hydrated with lots of water.

THIS THERAPY IS NOT RECOMMENDED FOR WOMEN WHO HAVE NOT HAD PERMANENT BIRTH CONTROL (TUBAL/VASECTOMY)