

SUMMIT MEDICAL ASSOCIATES, P.C.

POST-OPERATIVE INSTRUCTIONS

Abortion is a relatively simple procedure, and you should return to normal very quickly. Complications are rare, but if a problem should arise, please call our facility Monday-Friday between the hours of 9am and 5pm.

Emergency calls may be made 24 hours a day. If you experience abnormal bleeding, temperature over 100.4°, or unusual pain, call us immediately. Care by a competent abortion care provider is an important factor in your recovery.

Telephone: 404-607-0042 or 1-800-537-2985

PRECAUTIONS:

1. **BLEEDING** varies from woman to woman. Some women have no bleeding post-operatively. Usually bleeding is similar to a period. It may last off and on for 4-6 weeks. It may be bright red, dark red, or brown. Bleeding is not normal if you are saturating a maxi pad in 1 hour for 2 hours. If you are bleeding this much, you need to call the facility or our answering service immediately.
2. **CLOTS:** Some blood clots are normal, especially after lying down for a while. If you pass clots that are golf-ball sized or larger, along with heavy bleeding and cramping, please call us.
3. **CRAMPING IS NORMAL FOLLOWING AN ABORTION.** Although some women have no cramping at all, others do experience moderate cramping. If you have had a number of pregnancies or have fibroids or endometriosis, your cramping may be heavier. Use the prescription medication we have given you, a heating pad or hot water bottle, or whatever medication you use for menstrual cramps. **DO NOT USE ASPIRIN;** this will cause you to bleed more. Cramping may be on and off for a couple weeks.
4. **CHECK YOUR TEMPERATURE** if you feel like you have a fever or chills. Infection can occur following an abortion. If you have a temperature over 100.4° (just a little over 100°), please call the facility, drink fluids, and take 2 Tylenol.
5. **ACTIVITIES:** You may return to work or school the following day. If you need an excuse for “light duty”, please ask staff in Recovery before you are discharged.
6. **HYGIENE: NOTHING IN YOUR VAGINA FOR ONE WEEK.** This includes intercourse, tampons, and douching. Showers, tub baths, and swimming are fine.
7. **SEXUAL RELATIONS:** No intercourse for one week. This is to prevent infection and another pregnancy. It is possible to become pregnant again almost immediately following the abortion. Ovulation tends to occur 10-14 days post-abortion.
8. **POST-ANESTHESIA:** It is normal to feel sleepy and tired after being put to sleep. It will gradually wear off in the next 8 hours. The best thing to do is to lie down and take a nap when you get home. For 24 hours (until anesthesia is completely out of your system), do not drive, operate machinery, make important decisions, or **DRINK ALCOHOL.**
9. **NUTRITION:** You may eat or drink as normal when you return home. It is a good idea to drink a lot of fluids (water, not soda) to rehydrate your body after fasting. Constipation may occur. You may use Milk of Magnesia or a bulk laxative (Citrucel). Greasy or fried foods may not agree with you for 24 hours. Your hormones may cause some nausea and vomiting or morning sickness as they did when you were pregnant. These symptoms should start getting better in the next 24-48 hours.
10. **BREAST CARE:** For women in the second trimester, your breasts may be tender and/or leaking milk for up to a week. Wear a sports bra or a snug-fitting bra 24-hours a day for the next week. You may use soft, gel ice packs or cabbage leaves for the discomfort. Do not stimulate your breasts or attempt to express the milk, as this will cause your breasts to continue making milk. The milk and/or swelling will go away within the week.
11. **EMOTIONS:** Occasionally women feel “blue” or depressed after having an abortion. These emotions can be caused by the abrupt hormonal changes which follow the procedure. As your body returns to its normal hormonal cycle, these feelings will go away. However, if you continue to have these feelings for more than a few days, or they get worse, feel free to call your **Health Educator** here at this facility. She may be able to help you sort out your feelings or refer you to a counselor near your home.
12. **BIRTH CONTROL:** If you are going to use birth control pills, the patch, or the ring, you may start them the day of, or the day after your procedure.
13. **PRESCRIPTIONS:** You will receive medications after your abortion to prevent infection and assist with pain. Please review the medication instruction sheet and medication labels in order to correctly take the medicines. If you have any questions about how medications should be taken, please call our facility.
14. **CHECK-UP:** A follow-up examination is unnecessary with a routine, uncomplicated abortion. However, if you experience a complication or concern, please know a follow-up examination is available at Summit free of charge.

Patient Signature

Date

Time