

**NEW BEGINNINGS OB/GYN, PA
336 N. BABCOCK ST. STE 101
MELBOURNE, FL 32935
PHONE (321)775-1470
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POSTOPERATIVE INSTRUCTIONS**

1. Keep wound clean and dry, no scrubbing of the incision
2. Showers only, no bath until cleared by physician
3. No heavy lifting (more than 10lbs)
4. No exercising until cleared by physician
5. Pelvic rest for minimum of six weeks-no intercourse, tampon, douching
6. May take milk of magnesia, colace, senekot for constipation
7. Call office or heavy bleeding ,fevers(100.4 or greater), drainage from incision
8. No driving while still taking pain medicine(approximately 2 weeks)