

## **Surgery Center of Pinehurst Home Care Instructions for Cerclage**

### **Vaginal Spotting:**

After your surgery, you might have some light vaginal bleeding. Please use a pad or panty-liner. Do not use tampons. If you have bright red or heavy vaginal bleeding, please contact your doctor.

### **Personal Hygiene:**

Please do not put anything into your vagina. This includes tampons and douching.

### **Showers:**

Showers are preferred. Please no tub baths until bleeding has stopped.

### **Intimate Relations:**

Please do not have intercourse while cerclage is in place or until your doctor advises you that it is safe for you to resume sexual activities.

### **Housework:**

No restrictions.

### **Menstrual Cycle:**

Your surgery may interrupt your normal menstrual cycle.

### **Medications:**

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate and/or constipate you, so drink plenty of fluids.

**Do not drive a car as long as you are taking pain medication.**

### **Follow-up Appointment:**

It is very important for you to keep the appointment that has been made for you. If you need to re-schedule, please call your doctor's office and we will be happy to find a more convenient time.

### **Please call your doctor for any of the following:**

Temperature of 100.4 degrees or higher

Severe pain

Heavy bleeding (Heavier than your normal period)

Bad odor from your vagina

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