

## Hymenectomy: Aftercare Instructions

This brochure will help you know what to expect as you recover from the procedure. Please be sure you understand these instructions before you leave the hospital.

Your follow-up appointment is scheduled for \_\_\_\_\_ at \_\_\_\_\_.

### Care at home

Follow these instructions for when you are at home:

- Do not drive for 24 hours.
- Do not drink alcohol or use marijuana for 24 hours.
- Avoid strenuous activity for 24 hours.
- Do not have intercourse, douche, use tampons or put anything in your vagina for 2 weeks.
- You may shower or take a tub bath.
- You may take a sitz bath to relieve any tenderness as often as needed. Purchase a sitz bath basin from a drug store or use your bathtub. Fill the basin or tub with 3 to 4 inches of warm water and sit in it for 5 minutes.

### Medications

- Take ibuprofen (Motrin®, Advil®) or acetaminophen (Tylenol®) as directed for pain.
  - Start with 600 milligrams (mg) ibuprofen every 6 hours **or** 500 mg Tylenol every 6 hours.
  - If your pain is not relieved, you may increase the ibuprofen to 800 mg every 8 hours **or** the Tylenol to 1,000 mg every 8 hours.
- Follow your usual medication schedule starting today.

### When to call your physician

Contact your physician if you have any of these symptoms:

- Temperature of 100.4 degrees F or greater
- Foul-smelling vaginal discharge
- Pain that is not relieved with ibuprofen or Tylenol

## Contact information

If you have any of the above symptoms, please call our office at 312.695.7382. You will speak with the answering service who will connect you with a triage nurse or page the on-call physician. They will have you come to Prentice Women's Hospital Obstetrical Triage Unit (located on the 1st floor of the hospital), if necessary.

- For all other questions, call our office at 312.695.7382.
- Submit messages that are not urgent, such as paperwork requests, through NM MyChart. We may take 2 business days to respond to NM MyChart messages. NM MyChart should be used for non-urgent messages only.
- **For all emergencies, call 911.**