



Post operative instructions surgical abortion

Very important information:

If your pathology results require follow-up, it will be necessary for the clinic to reach you by phone to provide further medical management.

Alternatively, you can provide the contact details of your local doctor to ensure we can provide adequate follow up for you.

Important:

Notify the clinic if:

1. **If you do not have a period within 6 weeks, you MUST return to the clinic or to see your local doctor for a check-up.**
2. You bleed heavily (i.e. heavier than the heaviest day of your normal period) and/or lose clots.
3. You have severe pain that is not relieved by pain medication. Suggested pain medication you can take: Naprogesic or Nurofen.
4. You have a high temperature i.e. above 38c

How to care for yourself after the procedure:

1. You may experience period type cramping when you wake up after the procedure. Pain relief medication will be provided if required.
2. You should go home and rest and be cared for by a responsible adult for 24 hours.
3. You may eat and drink normally. Avoid excess alcohol.
4. Avoid lifting, strenuous exercise or sport for approximately one week.
5. You must not drive a vehicle for the rest of the day.
6. Take showers only. No baths while still bleeding.
7. It is probable that you will lose some blood for the first 2 to 3 days. It is normal to bleed on and off for up to 10 days. Some women do not bleed at all.
8. Your next period is due in 4 to 6 weeks time. If you are on the pill, your period should come at the end of the first pack. Additionally, see point number 1 under the Important heading.
9. To reduce bleeding and/or infection after your procedure do not use tampons and do not have sexual intercourse for one week (2 weeks if you are still bleeding).
10. Remember that adequate contraception must be used if you do not want to become pregnant.
11. A pregnancy test may remain positive for up to 3 weeks after your procedure.
12. If you have any problems or questions, do not hesitate to phone at any time. Post-operative counselling is available if you need to talk things over after the abortion.

For enquiries, please telephone (03) 9419 2922