

ADAMS PATTERSON GYNECOLOGY & OBSTETRICS

6215 Humphreys Blvd
Suite 301
Memphis, TN 38120

www.gynob-tn.com
901-767-3810

7705 Poplar Ave.
Bldg "B" Suite 220
Germantown, TN 38138

ESSURE PROCEDURE POST-OPERATIVE INFORMATION

- SOMEONE WILL NEED TO DRIVE YOU HOME
- YOU MAY EXPERIENCE MENSTRUAL TYPE CRAMPING AND/OR BACKACHE IMMEDIATELY AFTER THE PROCEDURE. TAKE A PAIN PILL 2 HOURS AFTER YOU GET HOME, AND THEN EVERY 4 HOURS FOR THE FIRST 24 HOURS. TAKE 800 MG IBUPROFEN EVERY 8 HOURS FOR 24 HOURS, THEN AS NEEDED. **DO NOT WAIT FOR CRAMPING TO BEGIN!** IT IS VERY IMPORTANT THAT YOU TAKE YOUR PAIN MEDS AS PRESCRIBED. IF NEEDED FOR NAUSEA USE A PHENERGAN SUPPOSITORY EVERY 6 HOURS.
- RESUME ALL ACTIVITIES AS DESIRED.
- SEXUAL INTERCOURSE MAY BE RESUMED AFTER VAGINAL BLEEDING SUBSIDES. BUT YOU MUST REMAIN ON ANOTHER FORM OF BIRTH CONTROL UNTIL AFTER THE 3 MONTH CONFIRMATION TEST IS DONE.
- KEEP YOUR APPOINTMENT FOR YOUR POST-OP VISIT @ 3 WEEKS.
- CALL THE OFFICE IF YOUR TEMPERATURE IS OVER 100 DEGREES, IF BLEEDING HEAVIER THAN YOUR NORMAL PERIOD OCCURS, OR IF YOU DEVELOP UNUSUAL PELVIC PAIN OR DISCOMFORT.
- KEEP YOUR ESSURE ID CARD WITH YOU AT ALL TIMES AND PRESENT IT TO OTHER HEALTHCARE PROVIDERS INVOLVED IN YOUR PRESENT OR FUTURE CARE.

YOUR POST OP APPOINTMENT IS @ _____ OFFICE DATE: _____ TIME: _____

YOUR HYSTEROSALPINGOGRAM IS DUE: _____ CALL OUR OFFICE THE FIRST OF THIS MONTH OR THE FIRST DAY OF YOUR PERIOD SO WE MAY SCHEDULE THIS TEST!

AN ADDITIONAL INJECTION OF DEPO PROVERA FOR CONTRACEPTION IS DUE: _____

Medications given in office on day of procedure:
