



**Women's Care Florida**  
**Delaney OB/GYN**

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## **Procedure Instructions**

### What to Expect:

Cramping

Light vaginal bleeding and spotting

Vaginal discharge, may be watery and vary in color lasting from a few days until a few weeks

### What to Avoid until your follow up appointment:

No tampons or douching (use pads)

No intercourse

No tub baths or swimming (showers only)

If you had a cryo procedure, avoid above for 2 weeks or until the vaginal discharge stops

### When to Call:

Heavy vaginal bleeding soaking through pad in an hour for 2 hours

Severe abdominal pain

Fever greater than 100.4

Nausea and vomiting

Tylenol (acetaminophen) and ibuprofen can be used over the counter as needed for pain