

Home Care Instructions



Preferred Women's Healthcare

Discharge Medications/Activities:

- ___ Motrin 600mg by mouth ___ every 6 hours ___ as needed.
- ___ Lortab-5 1-2 tablets by mouth every 4-6 hours as needed.
- ___ Demerol 50mg 1 tablet by mouth every 4-6 hours as needed.
- ___ Phenergan 12.5mg / 25mg by mouth every 6 hours for nausea as needed.
- ___ Stool Softener 1 tablet every day.
- ___ MoM 30 cc's every day for 2 weeks.
- ___ Prenatal Vitamins 1 tablet each day.
- ___ _____ (Birth Control) As directed on Package.
- ___ _____ (Antibiotic) ___ times a day for ___ days.
- ___ Sitz baths ___ times a day for ___ days.
- ___ _____.

Discharge Precautions:

- Please contact our office at **770-962-5100** if any of the following occurs.
- Temperature greater than 101 on two occasions.
- Bleeding that is heavier than a heavy period or that is increasing consistently.
- Pain that is consistently increasing despite pain medications.
- Increased redness around wound, wound discharge or bleeding.
- No heavy lifting greater than 15 lbs. for ___ weeks.
- Vaginal rest for ___ weeks. (No intercourse, douching or tampons)
- Blood Clot Precautions: Painful swelling in either leg.
- No driving for ___ days after discharge.

If you have staples in your wound, please follow-up with us on ___ day for removal.

Discharge follow-up at our Office in ___ weeks. Please call and make appointment or verify if one has already been made.