



# Post-op Precautions

## Abortion

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### Rest and Activity

- Rest for at least 2–3 days after the procedure.
- Avoid strenuous activities such as exercise, heavy lifting, or standing for long periods for at least 2 weeks.
- Do not drive or make important decisions until the effects of anesthesia or sedation have completely worn off.
- Take the medication as prescribed.

2

### Management of Bleeding and Pain

- Mild bleeding may continue for 1–2 weeks. Contact the hospital if bleeding is heavy.
- Mild abdominal pain or menstrual-like cramps are common and can be relieved with prescribed pain medication.
- Use sanitary pads instead of tampons.

3

### Hygiene and Infection Prevention

- Avoid sexual intercourse, baths, and swimming pools for at least 2 weeks.
- Showering is allowed, but avoid targeting the vaginal area directly with water.
- Contact the hospital if you experience a fever above 38°C, severe abdominal pain, or foul-smelling discharge.

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### Physiological and Hormonal Changes

- Your body will usually return to normal within 4–6 weeks.
- Temporary symptoms may include mood swings, fatigue, and breast tenderness.

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### Contraception and Future Pregnancy

- It's recommended to start contraception immediately after the procedure, as ovulation can occur sooner than expected.
- Discuss suitable methods with your doctor (e.g., oral contraceptives or intrauterine devices).
- If planning another pregnancy, it is recommended to wait at least 3 months for full recovery.

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### Emotional Health Care

- Mood swings are normal.
- Seek professional counseling if feelings of depression persist.
- Support from family and friends is important.

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### Follow-Up

- Schedule a follow-up visit within 2 weeks after the procedure to check your recovery.
- Contact the hospital immediately if you notice any abnormal symptoms or have questions.