

SAINT LOUIS
ASSOCIATES IN



St. John's Mercy Medical Center
621 South New Ballas Road
Tower B, Suite 1017
Saint Louis, MO 63141
p. 314.993.6401
f. 314.993.5475

Kent L. Snowden, M.D.

Progress West Health Center
20 Progress Pt. Parkway
Suite 202
O'Fallon, MO 63368
p. 636.379.8052
f. 314.994.6363

Post Op Instructions
Novasure / ThermaChoice/ HTA

Activity

1. No important decision making or driving in the first 24 hours, due to the effect of the anesthesia.
2. No tampons, douching or intercourse for 1 week.
3. May take a shower the morning after surgery.
4. May take baths 4 weeks after surgery.
5. May swim after post op follow-up appointment.

Pain Medications

1. Prescription (If given)
2. Take 600mg of Ibuprofen every 6 hours for 3 days after procedure, to decrease cramping.

Work

1. May return to work 1-2 days after surgery

Follow-Up

1. Call the office at (314) 993-6401 to make an appointment for 4 weeks after the surgery for a post-op visit.
2. Call the office at (314)993-6401 or the exchange at (314)388-6140 if there are any problems, such as fever or excessive bleeding.
3. You may expect mild to moderate "menstrual" cramping and a pinkish watery vaginal discharge. This discharge may last 2-4 weeks.
4. Call if fever over 100.4 for 4 hours or ever over 101.5
5. Call if no vaginal discharge by 7 days post procedure

****THIS THERAPY IS NOT RECOMMENDED FOR WOMEN WHO HAVE NOT HAD PERMANENT BIRTH CONTROL (TUBAL/VASECTOMY/ESSURE).**