



INSTRUCTIONS AFTER CONE BIOPSY

1. Do not drive or operate hazardous machinery for at least 24 hours and not until you have discontinued the use of all pain medications.
2. Do not make important personal or business decisions for 24 hours.
3. Abstain from alcoholic beverages for at least 24 hours.
4. Advance to your usual diet as tolerated. Drink plenty of water and nonalcoholic beverages.
5. Light vaginal bleeding is normal for up to 30 days after the Cone Biopsy. Do not use vaginal tampons; you should only use external pads for menstrual hygiene for the first month after the procedure.
6. You will probably have mild to moderate lower abdominal cramps for the first day after the cone biopsy. This is best treated with Advil (ibuprofen) which is sold over the counter.
7. You may take a shower or a bath at any time.
8. Refrain from sexual intercourse for **FOUR WEEKS**.
9. Report the following danger signals to the office as soon as possible: persistent nausea or vomiting, fever greater than 100.5 (especially if associated with shaking chills), increasing abdominal pain, or heavy vaginal bleeding.
10. A postoperative office visit is recommended four weeks postoperatively.

John M. Garofalo, MD



Reviewed July 10, 2008

30 Stevens Street Ste. A
Norwalk, CT 06850
203-855-3535