Essure Device Post Procedure Diet

Diet
- You may return to your normal diet.

Activity
- Rest quietly and then slowly return to your normal activities as your energy level improves. No vigorous exercise or housework for at least 3 days.

Bathing
- You may shower right away. No tub bath for a few days.

Sexual Activity
- You may return to sexual activity but must use the birth control method you used before getting the Essure. After the HSG dye study is done in 3 months and Dr. Sopp has confirmed that your tubes are blocked then you can discuss when to not use birth control anymore.

Medication for pain control
- Extra Strength Tylenol (1-2 tabs every 4 hours as needed), or Ibuprofen (Motrin) 600mg (every 6 hours as needed), or Ibuprofen 800mg (every 8 hours as needed).

Normal expectations and reasons to call the office
- Expect mild abdominal cramps for today.

Call the office right away at (315) 492-5005 for:
- Heavy bleeding (more than menstrual flow)
- High levels of pain
- Fever greater than 101°F

Please call the office for any questions or concerns @ (315) 492-5005.

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