



# Raymond Wayne Whitted MD, MPH

*...dedicated to healthy lifestyles and safe, state-of-the-art, innovative surgery for women of all ages  
...because quality is an experience!*

www.drwhitted.net

## R. Wayne Whitted MD, MPH

Diplomate, ABOG  
Certified in Advanced Laparoscopy  
Certified in Advanced Hysteroscopy  
Certified Menopause Clinician  
Certified Bone Densitometrist  
Certified Researcher  
Certified Wartime Surgery

### COMPREHENSIVE GYNECOLOGY & MINIMALLY INVASIVE SURGERY

Abnormal Pap Smears  
Advanced Colposcopy  
Abnormal Periods  
Bladder Prolapse  
Chronic Pelvic Pain  
Endometriosis  
Ectopic Pregnancy  
Family Planning  
Fibroids  
Genital Warts  
Immunizations  
Loss Of Urine  
Menopause  
• Risk Assessment  
• Support Series  
Ovarian Cysts  
Rectocele  
Surgical Gynecology  
• Hysteroscopy  
• Laparoscopy  
• Vaginal Surgery  
• Surgical Support Series  
Uterine Prolapse  
Vaginal Prolapse  
Vaginal Infections  
Vulvodynia/Vestibulitis  
Well-Woman

### AESTHETIC GYNECOLOGY

Botox  
Vaginal Rejuvenation  
Permanent Hair Removal

### OFFICE PROCEDURES

Hysteroscopy  
LEEP cone biopsy  
Cryosurgery  
Dilation and Curettage  
Ultrasound  
Urodynamics/Bladder Studies  
Heel Density Scan

### COMPREHENSIVE RESEARCH

Laparoscopy  
Hysteroscopy  
Menopause  
Women's Health

### EDUCATORS

Community Programs  
CME Programs  
Surgical Preceptor

### MEMBERSHIPS

Obstetrics and Gynecology  
Gynecologic Laparoscopy  
Bone Densitometry  
Colposcopy and abnormal paps  
Physician Executives  
Honor Medical Society  
Best Doctors

## Hysteroscopy

### POSTOPERATIVE INSTRUCTIONS

Depending on your operation you may be discharged from the hospital several hours after your surgery is over, or in 1 or 2 days. To be discharged you must meet the following criteria:

1. Have adequate control of your pain with oral pain medicine
2. Tolerate any type of diet (liquids, soft, etc.)
3. Able to urinate on your own (in most instances)
4. Vital signs are stable (Blood pressure, temperature, pulse, respiration)
5. Feel as if you are capable of going home.

**\*\*\*YOU WILL NOT BE DISCHARGED UNLESS YOU MEET THESE CRITERIA**

## Discharge Summary from the Hospital for Hysteroscopy

1. Call the Doctor's office if you have any questions or concerns or are having problems: 305-596-3744
2. Dietary Instructions: Bland diet for 2 days. After three days you can begin eating and drinking more to your liking.
3. Activities: Rest and take frequent short walks beginning the day of surgery. Do not drive the day of surgery or while taking narcotics.
4. Bathing: You should shower during the recovery period only.
5. Toileting: drink plenty of liquids and urinate often (to prevent urinary tract infections). For constipation use surfak (across the counter) 2 times/day, fiber (Citrucel), and Milk of Magnesia (2 caplets or 30 ml). Occasionally you may need to use Miralax.
6. Sexual intercourse: refrain from sexual activity until directed by your physician.
7. Follow up in Doctor's office in 7 days
8. Sometimes the menses will start after surgery and it is normal.
9. After Ablation you will have a bloody, mucousy discharge for the first 10 days becoming waterish until about 3 weeks. The first menses may be heavy as you discharge the destroyed lining.