



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 GYNECOL- OGY

Botox
Vaginal Rejuvenation

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

Postoperative Instructions 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. **If you have had an endometrial ablation you will have a mucousy/bloody discharge that will become watery/bloody over 3 weeks. It usually goes away after 3 weeks. The first menses after ablation may be heavy as you discharge the destroyed endometrium. Each subsequent menses will be lighter and by the 4th menses after ablation the final results on the menstrual flow will be seen.**