

Hysteroscopic Surgery: Care Guidelines after surgery

To ensure your well being and help you have a smooth recovery, we encourage you to read these helpful guidelines. Please read them again after 12 hours because you may be a little drowsy at this time from the medications we used for the procedure.

General Measures

- You may feel drowsy for the first 24 hours. Please do not drive or operate equipment / machinery during this time. It is recommended that you have someone nearby for the first 24 hours to look after you.
- You may have vaginal spotting or light bleeding for the next 4 – 6 weeks.
- It is common to have a pink, brown, yellow or clear discharge for a few weeks.
- Do not use a tampon for the next 2 weeks. Tampons can cause an infection into the cervix and uterus.
- Do not have vaginal intercourse for the same reason as above, for 2 weeks
- Avoid a Jacuzzi or bath to prevent infection getting into the vagina and cervix. Showering is preferable for the first 2 weeks.
- Do not douche! Douching removes the normal, protective organisms that fight off opportunistic infections, such as yeast or those that cause Bacterial Vaginosis.

Medication

- Antibiotics are often given during, or following the procedure to help prevent any infections.
- Anti inflammatories will help alleviate cramps and pain. Please use Ibuprofen (e.g. Advil, Motrin) 200 to 400mg every 6-12 hours as needed. (Unless you have an allergy to ASA(Aspirin) and anti inflammatories)
- You may use nonprescription drugs, such as acetaminophen (Tylenol) for minor pain.
- You should continue using other regular prescription drugs unless told otherwise by Dr Gerber. This includes contraception.

Activity

- Resume driving in 1 or 2 days.
- You can resume normal activities as soon as you are able. The sooner the better.
- Resume sexual relations after 2 weeks.

Diet Enjoy a normal diet and drink fluids as soon as possible.

Please call us, or come to the office, if any of the following occurs:

- You experience pain that simple pain medication(Tylenol or Ibuprofen) does not relieve quickly.
- Unusual vaginal swelling
- Heavier bleeding (more than a light period)
- You develop signs of infection:
 - general ill feeling
 - fever and/or chills
 - headache and/or dizziness
 - muscle aches
 - pelvic pain
 - vaginal discharge increases or smells unpleasant
 - frequency of urination, or burning when urinating

We are open Monday to Friday 8.00 – 17.00. If after-office hours, please go to the ER.

Wishing you all of the best.