

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*

If within 10 days of the procedure date, you require any unexpected hospital admission that may be related to this procedure, please notify us immediately.

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