

# Women's Clinic of Johnson County

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Your post-operative instructions were created for you by the Women's Clinic of Johnson County to aid in your comfort and understanding of the recovery process. Our goal is to provide you with an excellent surgical experience. Thank you for choosing our health care team.

## **Post-Operative Instructions for Hysteroscopy and Endometrial Ablation**

Hysteroscopy is performed to determine the cause of abnormal or post-menopausal bleeding or for an abnormal finding on ultrasound. It may be done in conjunction with removal of a polyp (polypectomy), tubal sterilization (Essure or Adiana), or endometrial ablation (Novasure, Thermachoice or Hydrathermal Ablation).

### **Pain Control**

You may experience cramping, similar to menstrual cramps for 48 hours after the procedure.

You may take "over the counter" pain relievers that do not contain aspirin such as acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). Do not exceed the daily recommended dose.

Your doctor may have prescribed a narcotic pain medication to use as well.

**Note: If the pain is not relieved by pain medication, becomes worse or you have difficulty breathing, call our office.**

### **Nutrition**

You may resume the diet you had prior to surgery.

Drink 6-8 glasses of water daily.

### **Urinary Function**

For the first couple of days following surgery, you may experience discomfort with urination due to catheterization of your bladder during the procedure.

**If you have persistent urinary urgency, dysuria or inability to empty your bladder, please call our office.**

### **Activity**

You may return to your normal activity one day after surgery. Most patients are able to return to work one day after surgery.

Do not drive while taking prescription pain medication or if your level of discomfort could inhibit your ability to operate a motor vehicle safely.

You may shower the day after surgery. Do not soak in a bath tub for one week after surgery.

## **Vaginal Bleeding and Discharge**

Light vaginal bleeding, spotting, brown discharge, or watery discharge after surgery are expected for up to 2 weeks after surgery.

If you underwent an endometrial ablation brown or watery discharge may persist for one month.

**Note: If you have heavy, bright red vaginal bleeding soaking 1 pad or more per hour, call our office.**

## **Sexual Intercourse**

Avoid placing anything in the vagina for **2 weeks** (i.e. tampons, douching, and sexual intercourse).

## **Follow-up Appointment**

You should schedule a post-operative appointment at 2 weeks and at 6 weeks after surgery.

Please remember, if you underwent a tubal sterilization procedure (Essure or Adiana), it is very important to schedule a post operative Hysterosalpingogram (HSG) at 3 months to verify that your tubes are blocked. You must use a back up method of birth control until this confirmatory test is performed.

## **Call The Office If You Are Experiencing:**

- **A fever higher than 100.4 degrees F.**
- **Increasing pain not controlled by pain medication.**
- **Inability to eat or drink without vomiting.**
- **Shortness of breath.**
- **Inability to empty your bladder.**
- **Redness and tenderness at the incision site, or a large amount of drainage.**
- **Heavy, bright red vaginal bleeding or foul smelling discharge. You can expect to have a small amount of reddish-brown colored discharge for up to 2 weeks. Do not be alarmed by this.**

**If you feel you need to be seen emergently, please go to the Emergency Department where your surgery was performed so that our physicians may care for you.**

**Any questions regarding your surgery or post-operative recovery should be directed to the staff at the Women's Clinic of Johnson County rather than your Primary Care Physician.**