



WOMEN'S HEALTH ADVANTAGE

MINOR GYNECOLOGIC SURGERY (HYSTEROSCOPY, ENDOMETRIAL ABLATION) AFTERCARE

This instruction sheet gives you information about how to care for yourself after surgery. If you have any problems or questions, call Women's Health Advantage at **260-432-4400** during the hours of 8:30 AM to 4:30 PM, Monday through Friday.

What you can expect after surgery

After surgery, it's common to have:

- A sore throat if you had general anesthesia (due to the breathing tube that was used)
- Fatigue
- Poor appetite
- Abdominal/pelvic cramping, light vaginal bleeding, and watery vaginal discharge. Light bleeding and discharge may last for 1–3 weeks but should gradually decrease. Use unscented pads or panty liners.

Activity

- Do not drive or operate dangerous machinery while taking prescription pain medication (narcotics). If you are not taking prescription pain medication, you may drive after 24 hours.
- You may shower as soon as desired.
- Do not take baths, use a hot tub or swim for 1 week.
- Do not have sexual intercourse for at least 1 week.
- Do not use tampons, douches or vaginal creams (unless ordered by your physician) for at least 1 week.

Diet

- You may resume your normal diet.
- Nausea is common after surgery and usually resolves within 48 hours.
- If you have nausea after surgery, try eating small, frequent meals. Also try eating a bland diet, such as crackers, pretzels, toast, jello, protein smoothies, oatmeal, yogurt, rice, chicken broth, applesauce and bananas. It may take a couple days for your appetite to return to normal.
- If you have persistent nausea or vomiting, please contact the office.
- Drink enough water to keep your urine clear or pale yellow.

Medications

- You may immediately resume taking your usual home medications.
- A prescription for a narcotic pain medication may have been sent to your pharmacy. You may use it along with ibuprofen (ie: Motrin or Advil) 600mg every 6 hours or 800mg every 8 hours.
- Narcotic prescriptions frequently have acetaminophen (ie: Tylenol) in them, so do not use Tylenol while taking the narcotic medication unless a physician or pharmacist tells you it's okay to do so.
- If you do not have a narcotic prescription, you may also use Tylenol Extra Strength 1000mg every 6 hours and alternate it with ibuprofen.
- Do not take more than 2400mg of ibuprofen or 4000mg of Tylenol in a 24 hour period.

Avoid constipation

- Drink plenty of fluids.
- Narcotic pain medication, as well as anesthesia, can be constipating. If you're feeling constipated or if it's been more than a day since your last bowel movement, we recommend taking Colace or Miralax as directed on the bottle and/or increasing high fiber foods in your diet, such as prunes, apples, raisins, pears and apple juice.
- If you have not had a bowel movement by the third day after surgery, you may use Milk of Magnesia as directed on the bottle.

Your period

- You may not have another menstrual cycle right away. If you do get another menstrual cycle, it may take several months of healing before you experience the full effects of the ablation and to know what your final cycle and periods will be like.

What to watch out for

- Fever, defined as a temperature of 100.4 degrees Fahrenheit or greater
- Increasing pain not controlled by your prescription pain medication
- Vaginal bleeding that soaks more than 1 pad per hour
- Foul smelling or green/yellow vaginal discharge
- Chest pain and/or shortness of breath
- Nausea or vomiting that does not go away
- Persistent pain or bleeding with urination, or inability to urinate
- Pain, redness and/or swelling in your leg

If you experience any of the above, please call Women's Health Advantage at **260-432-4400** during the hours of 8:30 AM to 4:30 PM, Monday through Friday. If you're concerned about any of your symptoms or if the office is closed, seek care at an Emergency Department.