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MINIMALLY INVASIVE **HYSTEROSCOPY** **POSTOPERATIVE** INSTRUCTIONS

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POST-HYSTEROSCOPY CARE



Many women can resume normal activity, including work, a day after a hysteroscopy. But it's fine to take a few days off to rest, especially for fibroid-removal patients or if you were under general anesthesia. Follow these doctor-recommended guidelines.

- Eat a regular diet, as long as the nausea resolves. Anesthesia can cause nausea.
- You may shower but refrain from sitting in a bathtub for 2 to 4 weeks.
- You should expect light bleeding for 1 to 2 weeks post-hysteroscopy.
- If you have had a hysteroscopic myomectomy or endometrial ablation, you might have light bleeding or watery discharge. This could last four weeks and the discharge may be malodorous.
- You can take pain medications, including:
 - Acetaminophen (Tylenol) 1000 mg every 8 hours
 - Ibuprofen (Advil or Motrin) 600 mg every 6 hours
- Do not put anything in your vagina for 2 to 4 weeks unless your doctor says otherwise. Please refrain from:
 - Douching
 - Intercourse
 - Taking a bath
 - Tampon use
- Schedule a follow-up appointment 4-6 weeks after surgery.
- Please call your doctor's office immediately for any of the following:
 - Foul-smelling vaginal discharge
 - Increase in urination or burning with urination.
 - Increased abdominal or pelvic pain
 - Temperature greater than 100.5
 - Vaginal bleeding greater than one maxi pad/hour
 - Vomiting

Please call 910-343-1031 with any questions or concerns.