



## **Endometrial Ablation Procedure/Hysteroscopy**

### **Postoperative Instructions**

Following your procedure you will be discharged from the hospital as soon as your physician and the nursing staff are satisfied that your condition is stable. Please read the following instructions and save them for easy reference during your recovery period at home.

#### **You may experience:**

- Fatigue (tiredness) is frequent and may last a few days
- Cramps (mild to moderate) in the lower abdomen that are very similar to cramps related to the menstrual period
- Bleeding afterwards ranging from a flow like a normal period to only a small amount of pink or red discharge. Occasionally, the bleeding may be intermittent, stopping completely then resuming once again.
- Expect a thin watery discharge for up to 6 weeks after the procedure.

#### **Instructions:**

- Avoid tampons, douching or intercourse until the bleeding has completely stopped.
- Showers or baths are NOT restricted and you may resume all regular activities when you feel that you are back to normal. Your general sense of well being should be your guide.
- Prescription advised for discomfort: Any over the counter meds you usually use for discomfort are fine. Your provider will also give you a prescription for narcotics if more pain relief is needed.
- Adequate rest, especially on the day of the procedure is necessary.

#### **Please call us immediately at 647-0494 if you develop:**

- Problems that seem quite different than expected
- Severe pain in the abdomen that is continuous
- Unusually heavy vaginal bleeding
- Foul vaginal odor or abdominal discharge
- Fever greater than 101 F for four hours
- Fainting

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A follow up visit is needed in one to two weeks. You may need an exam and treatment plans will be discussed.

**It is the hope of the professional staff at *Bedford Women's Care Associates* that your surgical experience has not been unduly stressful and that your recovery will be rapid and uneventful.**