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### RECOVERING FROM HYSTEROSCOPY OR ENDOMETRIAL ABLATION

Hysteroscopy and endometrial ablation are surgical procedures performed for diagnosis and treatment of several uterine conditions, including uterine fibroids or abnormal uterine bleeding. Regardless of the reason for your hysteroscopy, the post-operative instructions will be generally the same.

#### In the hospital:

When you awaken following the procedure, you will be in the recovery room and will return to your room in the day surgery unit after approximately one hour. As soon as you are awake you may eat or drink. We recommend that you start with light liquids and advance to solid foods once you have no further nausea from the anesthetic or pain medications.

#### Medications:

You will be sent home with a prescription for pain medication, medications to decrease bleeding, or antibiotics if those are necessary.

#### Driving:

You may drive when you are no longer requiring narcotic pain medications and when you can move your foot from the accelerator to the brake pedal without causing abdominal discomfort. This is simply a safety precaution—we don't want you driving if your reflexes are impaired by medications or your post-operative discomfort.

#### Activity:

You may resume full activity including exercise after 48 hours. Do not be alarmed if bleeding increases somewhat when activity is increased. If the bleeding is heavier than a normal menstrual period, decrease your activity level until you are no longer bleeding, then slowly resume your activity level.

Constipation can be prevented by drinking lots of fluid and taking a fiber-based stool softener such as Metamucil, Per Diem, Fibercon, or Konsyl. If you do become constipated, Dulcolax suppositories or tablets, Milk of Magnesia, or Magnesium Citrate (that special drink in the green bottle) will get your intestinal tract moving again.

Bleeding and Discharge are normal and are normal and may be expected for 2-3 weeks after hysteroscopy or endometrial ablation. After 2 weeks have elapsed, you may use a vinegar/water douche if there is an odor to the discharge. Refrain from intercourse or use of tampons for two weeks after surgery.

#### Warnings—Call the office if you have:

1. Temperature over 100.5
2. Heavy vaginal bleeding (greater than one soaked pad/hour)
3. Difficulty urinating, nausea/vomiting, or altered bowel function
4. Sudden onset of sharp pain that doesn't respond to your pain medication
5. Redness or drainage from your incision(s)

#### Post-operative Appointment:

Unless otherwise instructed for staple or suture removal, you need to be seen in the office 4 weeks after surgery.

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Patient Signature

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Nurse Signature

Today's Date: March 26, 2006