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Hysteroscopy Dilation & Curettage of uterus Post-operative Care

Apart from the specific instructions given to you depending on the type of surgery you have undergone, the basic general instructions after a hysteroscopy are as follows. This care sheet gives you a general idea on recovery but different people may recover at a different pace.

What to expect after surgery

- You will be able to go home 4-6 hours after the surgery, after you have had something to eat and drink and are feeling fine.
- You may feel drowsy after surgery due to the anaesthesia. It is advised that you do not operate heavy machinery, drive, or make any important decisions for the next 24 hours.
- You may have a sore throat for the first day or so, because of the airway tube placed in your windpipe during the anaesthesia.
- You may experience mild pelvic/abdominal discomfort for a day or two. This is normal.
- Please arrange for someone to drive you home as you are not allowed to drive on the day of your surgery.
- You may have a small amount of watery discharge and bleeding for 7-10 days. You can wear a sanitary pad or liner during this time.
- The first several menstrual cycles after surgery may be more uncomfortable than usual. Surgery on the lining of the uterus can disrupt the normal timing of menstruation. You may get your period earlier or later than expected; if you are worried about a late period and pregnancy – do a pregnancy test. You should take contraceptive precautions after surgery until I advise you when it is safe to try for pregnancy, if this is relevant to you.

Pain management

- If you need pain relief, you can take:
 - o Regular paracetamol, 2 tablets every 6 hours regularly for the first 24 hours.
 - o Regular anti-inflammatory medication such as Nurofen, always with food (unless you have a condition that precludes use of anti-inflammatory medication. We will discuss this).
- Following the first 24 hours, take pain medication only when needed.
- Remember pain medication are more successful if you take the medication regularly rather than waiting until the pain is severe.
- If your pain is not controlled with the above measures, contact the practice or I will prescribe something stronger for you before you go home on the day of your surgery.

Medicines

- I will tell you if and when you can restart your regular medications. This is particularly important for blood thinner medications (such as aspirin).
- Please advise me if you take fish oil, St. John's wort or any other over-the-counter or herbal supplements.

Diet

- You may experience some nausea from the anaesthesia or pain medication which may decrease your appetite. Ensure you keep hydrated.
- You may eat whatever you can tolerate.
- Do not drink alcohol for the first 48 hours after the surgery as the sedative/anaesthesia administered during the surgery may cause drowsiness for the first 1-2 days after surgery.

Activity

- Rest for the remainder of the day is advisable.
- Most women feel well the next day and return to work and normal activities after a day or two.
- Exercise your ankles & calves whilst in your recovery to minimise your risk for a clot in the leg; clots in the leg can travel to the lungs, i.e. Pedalling your legs back and forth, gentle walks. You can continue to wear TED stockings outside of hospital until you are back to being fully active again.
- You should not drive for the first 24-48 hours from the procedure (please check your car insurance policy).
- Avoid sex, swimming, baths, tampons and putting anything in the vagina for 2 weeks after surgery (you can shower). This is to prevent anything from entering the vagina and leading to infection. Do not douche; it is not medically advisable as it affects the normal healthy bacteria that maintains a healthy vagina.

Follow-up

I would like to see you between 2 to 3 weeks after the operation. Please ring the practice on 9789 5038 to schedule your post-operative appointment. At the follow up visit I will go with you through the operation findings and discuss further management. I may also show you pictures of your operation.

If you have any concerns or questions, please contact the practice. If you experience new or worrisome symptoms it is better to consult me early.

Please notify me immediately if you experience any of the following:

- ◇ Signs of infection such foul smelling vaginal discharge
- ◇ Heavy bleeding from the vagina
- ◇ Fever greater than 38.0 degrees C
- ◇ vomiting
- ◇ pain in the calf, back of the knee, thigh or groin
- ◇ redness or swelling in your leg or groin
- ◇ Chest pain or shortness of breath
- ◇ Severe tummy pains, especially not responding to pain relief, worsening or beyond 48 hours after the surgery
- ◇ Unable to pass urine, pain/burning with urination or the need to pass urine frequently
- ◇ Unable to pass wind or open your bowels

If you get any of the following symptoms, please [contact me or go to see your family doctor or go to The Canterbury hospital Emergency Department](#) and ask the ED doctor to contact me.

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