

**Call your surgeon or health care provider immediately or go to your nearest Emergency Department if you have any of the following:**

- your vaginal bleeding is soaking more than 1 pad an hour
- you have signs of infection including fever greater than 38°C (100°F) and chills
- you have foul smelling vaginal discharge
- you feel nauseous or have more/different pain than previous days and cannot control it with your medications
- you develop a rash or diarrhea
- you are unable to pass urine
- severe, persistent cramps.

**For 24 hour professional health advice and information, call:**



Follow-Up Appointment:

Call your gynecologist office for an appointment in \_\_\_\_\_ weeks.

# Minor Gynecology Surgery Discharge Instructions

\_\_\_\_ **Hysteroscopy** is a way to look inside the uterus. A hysteroscope is a thin, telescope like instrument that is inserted into the uterus through the vagina and cervix. It helps your doctor diagnose or treat a uterine problem.

\_\_\_\_ **Endometrial Ablation** is a procedure that removes the endometrium, which is the lining of the uterus to reduce menstrual flow.

\_\_\_\_ **Other:** \_\_\_\_\_

## What to Expect

- You may have minor spotting which should subside in a few days.
- You may have mild to moderate cramping. Resting with warmth on your lower abdomen may help.
- If you have absorbable stitches, they dissolve on their own in 10 to 14 days.
- If you have had an **Endometrial Ablation**, you may have light brown or pinkish watery discharge for up to 4 to 6 weeks.
- Pregnancy following an **Endometrial Ablation** is very rare, but you should discuss birth control with your health care provider.

## Bathing/ Personal Care

- You may bath or shower. Keep area clean.
- Do not use bath oils or salts until your bleeding stops.
- Pat yourself dry instead of rubbing after using the washroom so you do not disturb your surgical area.

## Nutrition

- Resume your usual diet.
- Drink 6 to 8 glasses of fluid per day (1 glass = 250 mL or 8 oz.).

## Activity

- **DO NOT** put anything into your vagina, such as tampons, or have intercourse until your bleeding stops.
- Have someone with you for the first 24 hours to help you.
- Get enough rest. Try not to get over tired.
- Check with your health care provider about a return to work date.

## Medication

Take your usual medication for discomfort as directed on the package or as prescribed by your health care provider.