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Hysteroscopy, D&C, Polypectomy and/or Novasure® Endometrial Ablation Postoperative Instructions

Hysteroscopy, D&C, polypectomy and endometrial ablations are outpatient surgeries that require limited recovery times.

Activities after surgery:

1. Do not insert anything into the vagina - no tampons, no douching, no intercourse until you are fully cleared by your doctor- usually 2 weeks.
2. Driving is allowed once you have recovered from the anesthesia effects, usually by the following day.
3. As these procedures are out-patient, the recovery time is usually fast. Most patients feel back to normal or close to it by the following day after the procedure. It may take a few days for some patients, as cramping, or a sore throat can be minimal but common.
4. Patients are usually able to return to work without restrictions the following day, or whenever they feel ready.
5. Most patients will have light vaginal drainage. This can be light pink, red, light brown, or watery in nature and can last a few days to a few weeks. This is very common and normal after this procedure. If the bleeding is heavy like a menses, or if passing clots, this is not common. Call the office if that occurs.
6. You can resume normal activity and exercise when you feel ready. Listen to your body. If something hurts or there is more cramping or pains, then stop the activity until this has resolved.
7. Shower only for the first 2-3 days, and then it is fine to bathe. Avoid swimming for the first week.

Diet:

1. You may resume a regular diet. Take a daily multivitamin to help with healing and try to get plenty of fluids- 64 ounces of water daily.

Pain Control:

1. Pain medications will consist of over the counter analgesics. These usually include Motrin, Aleve, or Advil (ibuprofen) and/or Tylenol (acetaminophen). Please call the office if these do not help relieve your pains.

Go to the Emergency Room if you have any of the following:

1. Temperature over 100.4°F
2. Heavy vaginal bleeding
3. Increasing abdominal pains
4. Severe shortness of breath
5. Persistent nausea/vomiting/diarrhea
6. One sided leg pains and/or swelling
7. Difficult urinating or pain with voiding

Follow up appointments:

1. Your follow up appointment is usually scheduled for 2 weeks after your surgery. It will be included with your discharge paperwork from the hospital. Call our office the following day if you leave the hospital without an appointment.

At Genesis Gynecology, I want you to have the best surgical experience and post-operative course possible, so please call our office anytime if you have questions or concerns.