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POST OPERATIVE INSTRUCTIONS FOLLOWING A HYSTEROSCOPY +/- D&C

First 24 hours After your operation and because of the effects of the anaesthetic, it is important that you:

- Arrange to have a responsible adult stay with you for at least your first 24 hours at home.
- Rest quietly at home for 24 hours following discharge and gently ease back into normal activities.
- Do no heavy lifting, housework, or cooking.
- Do not operate machinery or electrical appliances or drink alcohol.
- Do not drive a car and do not sign any important or legal documents.
- Do not swim or use spa baths (for four weeks) due to the increased risk of infection.
- Avoid constipation by drinking extra water and adding fibre to your diet.
- Avoid Sexual Intercourse for at least 14 days post Surgery.

■ Medication / Pain

It is normal to have some pain (including cramps) post-surgery. Taking regular analgesia, e.g. paracetamol (Panadol®) every four to six hours will help to keep your pain under control (see manufacturers instructions for recommended dose). A maximum of only eight paracetamol tablets per day is advised. Additionally, to help with cramps, non-steroidal anti-inflammatory medications such as ibuprofen (Advil®, Nurofen®) may assist in dealing with pain.

- If contraception is a concern to you, it is important to use some form of contraception for the first three months after your operation to give yourself time to heal. You will need to start this immediately if on hormonal contraception (e.g. the pill, depo) or as soon as possible. Barrier methods (e.g. condoms, diaphragm) can be used when you recommence intercourse. For more information, speak to your doctor, nurse or Family Sexual activity Penetrative sex (intercourse) is not recommended until bleeding stops (about two weeks). Additionally, you may need to use a water-based lubricant (e.g. KY Jelly® or Sylk®) when recommencing sexual activity

■ Physical Activity;

You should be able to resume your regular activities within a day or two. However, rest is important.

■ Vaginal discharge

- Within 24 hours of your operation your bleeding should settle to be like a menstrual period. You may experience a slight pink/brown discharge on your sanitary pad or liner for the next five to ten days.
- Do not use tampons or douche due to the risk of infection.
- If you still have periods, expect them within four to six weeks of discharge, unless you have been otherwise advised.
- If your bleeding continues or becomes bright red and/or you develop an offensive smelling or abnormal coloured discharge you should seek your local doctor's advice or go to your local or RBWH emergency department.

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■ When to seek advice

if problems persist, please contact your local doctor. If you experience any of the following symptoms that are not relieved by your usual medications or practices, you should seek your local emergency department.

- Sudden shivers or chills, hot flushes or sweating, fever and feeling generally unwell
- Unusual shortness of breath or chest pain
- Cramping lasting longer than 48 hours, with pain worsening
- Heavy or prolonged vaginal bleeding or large clots (especially if bright red). It is not normal to have bleeding that soaks a pad within one hour more than once
- Offensive smelling, or unusual coloured vaginal discharge
- Burning, stinging, excessive frequency or inability to pass urine
- Tenderness and/or swelling or a hot sore area in the calf muscles.

Follow up appointments;

It is important that you have an appointment 7-12 days after your operation to check how you are going and to give you an opportunity to discuss any queries or concerns you may have. In addition, general reproductive health care (e.g. contraceptive plans, Pap smear) may be done if required.