

HYSTEROSCOPY AND D&C POST OPERATIVE CARE

You have just had a Hysteroscopy and D&C; please remember that you have just had an operation and you will need some time to recover from this.

IMPORTANT POINTS

What to expect after surgery:

- You may get some dull cramping pains in your lower abdomen. You can take Naprogesic, Nurofen, Panadeine or Panadol for the pain if required.

Activity

- Once you have recovered from the anaesthesia you can go home. You must have a responsible adult take you home and you must NOT drive yourself.
- You should rest for the remainder of the day and do not undertake any activities. You can expect some light bleeding for the next several days but this should not be more than your normal period.
- Recovery time varies a great deal. In general, you should probably be able to return to work within 2-3 days however it is important to avoid strenuous exercise/activities for about 1 week.
- To prevent possible infections you should not use any tampons, engage in sexual activity or take any baths for about 1 week. You may take showers.

FOLLOW-UP

- A post-operative appointment is required 2 weeks after your operation; please phone our surgery on 0411 069 750 to book. At this appointment I will go through the operation findings and discuss further management with you. Pictures of your operation may also be available to view.

WARNING

A Hysteroscopy and D&C is a very common procedure and complications are extremely rare. Unfortunately from time to time however complications do occur and you need to be aware of this.

If you get any of the following symptoms, please contact me or your GP immediately OR go straight to the Emergency Department of your Hospital and ask the doctor to contact me on 0411 069 750.

- Increasing abdominal and pelvic pain. Discomfort following a D&C is normal but should not last for more than 1-2 days. Extreme pains, especially if becoming worse rather than better, may be a sign of damage to your internal organs.
- Persistent fever (temperature above 38 degrees).
- Excessive or prolonged bleeding. Persistent heavy bleeding or passage of large blood clots is also abnormal and you should report this to me as soon as possible.