

# Hysteroscopic Surgery/Endometrial Ablation Recovery Guide

## What can I expect following hysteroscopic surgery?

Hysteroscopic surgery and endometrial ablation or surgical procedures requiring general anesthesia and are performed in a daycare basis. There are no cuts on your body. The surgery is performed through the vagina, and the cervix is dilated to provide access to the endometrial cavity. Following the procedure, the discomfort is usually quite minimal. Mild cramping is common for the first 24 hours, gradually decreasing in strength and frequency. Regular over-the-counter medications should be enough to control your discomfort. Strong narcotic medication is not required. There will be bleeding and discharge for a few days, gradually settling down.

There usually is not a disturbance to bowel or bladder function. Patients can maintain their regular diet and do not need to make any changes to their regular routine. In addition, downtime is minimal. Most patients find that within a couple of days they are pretty much back to normal and can resume all their regular activities.

If you experience heavy bleeding including clots that require frequent pad changes over several hours, then that is not normal, and you should proceed to the nearest hospital emergency room. If in the first 5-10 days postop you notice increasing pain, bloating, foul discharge from the vagina or fever then you probably have an infection and you should contact our office or see your family doctor. If you have irritative urinary symptoms such as pain with a full bladder, pain around her bladder or burning when you he then you probably have a bladder infection. You should contact our office or see your family doctor.

If you simply have a routine recovery, then you should contact the office for a follow-up appointment. If your procedure was diagnostic and you had a biopsy you will be given a follow-up appointment in 2-3 weeks time to go over the pathology. If your procedure was therapeutic such as an endometrial ablation, then you will be given an appointment to see us in a week's time.