

Postoperative instructions

Hysteroscopy

Please follow your surgeon's instructions if they differ from the following statements.



Your return home

- You may shower upon your return home.
- No baths or pools are permitted for one week.

Diet

- You may resume your normal diet when you get home.
- Increase your liquid and fibre intake to prevent constipation.

Physical activities

- Resume physical activity according to your capacities.
- Abstain from sexual activities or relations for two weeks after your surgery.
- Do not drive for 48 hours after your surgery.
- Do not insert anything into your vagina, including tampons, in the two weeks following your surgery.

Pain control

- It's normal to experience mild pain and cramping for a few days. To manage your pain, take Tylenol™ and Advil™.
- It's normal to have light vaginal bleeding in the ten days following this surgery. Wear a sanitary pad if needed.

Call your doctor or visit your nearest Emergency Department if you have:

- fever and chills
- pain and heat in your calf;
- severe pain or cramps;
- foul smelling vaginal discharge and/or;
- heavy vaginal bleeding, such that you need to change sanitary pads every hour, or large clots.

Note: It is common for individuals who menstruate to experience an irregular menstrual cycle in the weeks following general anaesthesia

To book your appointment, call your surgeon's office.

The office information was given your discharge instructions.

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