

POST OPERATIVE INFORMATION – HYSTEROSCOPY AND CURETTE

What you need to know after your operation.

You are advised not to operate heavy machinery, drive a motor vehicle, or sign any important or legal documents 24 hours after the operation due to the effects of the anaesthetic.

FOLLOW UP:

- You require a post-operative check with your surgeon 4 weeks after surgery.
- Please call the rooms to arrange this.

VAGINAL DISCHARGE:

- You will likely experience a red or brown vaginal discharge for 1 to 2 weeks after a curette.
- Some vaginal discharge such as this is a normal part of healing.
- If you have very heavy bright bleeding, pass blood clots, or have offensive smelling vaginal discharge please contact the rooms OR attend your local doctor.

SEXUAL ACTIVITY, SWIMMING / BATHS:

- Avoid sexual intercourse until the vaginal discharge has completely settled.
 - Avoid bathing (shower only), spas or swimming until the vaginal discharge has completely settled.
- These steps minimize your risk of infection after surgery.

DISCHARGE MEDICATION/PAIN KILLERS:

- Use simple pain relief such as Panadol and Nurofen after surgery. Take these regularly for the first 2 days after surgery. After this you can gradually decrease their use.
- All your normal medications can be resumed once you are discharged unless directed otherwise.

DIET:

- Avoid constipation by eating a high fibre diet (wholegrains, beans, lentils, fruits, vegetables, pear/prune juices) in combination with adequate fluid intake.

ACTIVITY:

- Avoid strenuous exercise for at least 1 week after surgery.
- Avoid heavy lifting (greater than 2-3 kilos) or straining for at least 1 week after surgery.

DRIVING:

- You should be fit to drive once you are not experiencing pain, moving around freely and not taking any pain killers.

BACK TO WORK:

- Please contact the rooms to arrange a certificate if required.

SYMPTOMS TO REPORT TO YOUR DOCTOR:

If you are experiencing fever, worsening abdominal or pelvic pain, burning during urination or excessive urination, offensive smelling or discoloured vaginal discharge, unusual shortness of breath or chest pains OR if you are concerned about any aspect of how you are feeling; please contact the rooms, your local doctor or emergency department for review.

Phone: 07 3844 9932

Email: welcome@gyon.com.au