Post Operative Guidelines
ENDOMETRIAL RESECTION/ ABLATION

1. Most women feel well enough to return to normal work and daily activities after a day or two.

2. You can expect to have a vaginal loss for a few weeks. This may range from a watery loss to moderate bleeding.

3. Please use pads and not tampons for the first 2 weeks.

4. Please avoid intercourse for at least two weeks.

5. No strenuous exercise or activity for a few days.

6. Bath or shower as usual. No swimming for at least 2 weeks.

7. You may take analgesics for crampy pain. (Panadol/ Panadeine etc)

8. If there are any problems, please page me on 9387 1000, or phone me on 9776 6411.
   a. Severe pain.
   b. Very heavy bleeding, especially clots and flooding.
   c. Fever
   d. Offensive vaginal odour.

9. Please arrange a review appointment with me in about six weeks time.

10. This procedure will certainly reduce fertility but will not guarantee contraception, therefore this must be considered.