

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.