

ENDOMETRIAL RESECTION/ABLATION

PATIENT DISCHARGE INFORMATION

ABOUT THE PROCEDURE:

- This procedure involves the removal or destruction of the lining of the uterus to decrease menstrual flow.
- The procedure is not a contraceptive. Please ensure you are using reliable contraception after the procedure or discuss options with your specialist.

FOLLOWING THE PROCEDURE:

- Please allow 24 hours recuperation to alleviate muscle aches and pains that can occur following an anaesthetic.
- Do not drive for 24 hours following a general anaesthetic.

It is Normal to Expect:

- Uterine cramping and mild pain.
- A watery and/or bloody discharge. This could start immediately following the procedure or a couple of weeks afterward. This discharge may only last briefly, or it may last up to a couple of months.
- To be able to return to work at day two post surgery.

MANAGING PAIN POST OPERATIVELY:

- It is recommended that you use Panadol/Panadeine and/or Ibuprofen as prescribed or directed.

HYGIENE:

- Shower as normal. Do not swim in pools, use baths or spas until the bleeding/discharge ceases.
- Sanitary pads/liners should be used and changed regularly. Do not use tampons.
- Abstain from sexual intercourse and do not insert anything in the vagina until the bleeding/discharge ceases.

IF YOU HAVE ANY OF THE FOLLOWING PROBLEMS:

- Increasing abdominal or pelvic pain that is not eased by pain relief medication.
- You are concerned about the amount or duration of bleeding.
- Your vaginal discharge is offensive or greenish in colour (reddish, yellowish or brownish is normal).
- You have any problems with your bowel or bladder, eg. pain or burning on passing urine, the need to pass it frequently, or increasing difficulty emptying the bladder.
- Nausea, vomiting, shortness of breath or dizziness.
- You have a fever or chills.

Please seek immediate help as follows:

1. During office hours of 9am to 5pm Monday to Thursday and 9am to 4pm Fridays, contact Care Gynaecology: Phone (02) 6058 6188 dial 2 to speak to the Practice Nurse.
2. Contact the hospital you attended for your surgery:
Albury Wodonga Private Hospital: Phone (02) 6041 1411
3. Contact your normal GP or
4. If you have further concerns, present to the Albury Wodonga Health (Wodonga Hospital) Accident and Emergency Department.

Note: Albury Wodonga Health (Albury Hospital) Accident and Emergency Department does not have gynaecology services.

POST OPERATIVE FOLLOW UP:

- You will receive a follow up phone call from our Practice Nurse approximately seven days following your procedure to check on your progress and discuss pathology results (if applicable).
- You will have a post-operative appointment with your specialist six weeks after your surgery.