



Hysteroscopy Post-Operative Care

After your Hysteroscopy procedure you will be discharged home. As there are no cuts through muscle or skin, theoretically there is no limitation to physical activity after the procedure, however it is generally recommended that you take it easy for the first 48 hours.

Additionally you may feel drowsy for the next 24-48 hours. It is therefore advisable that during this time you should take it easy. During this time you should not:

- Drink alcohol
- Drive a car
- Operate hazardous machinery
- Travel unescorted on public transport
- Make important decisions or sign legal documents
- Participate in any strenuous activities such as sports

After your operation there may also be some light bleeding, similar to a light period, which should settle within a week. Please avoid intercourse, spas or swimming pools, and other strenuous activities until any discharge or bleeding has completely settled in order to facilitate complete recovery post-procedure.

Things to watch out for (signs of infection) include:

- 1) An increase in bleeding (if not at the time of an expected period)
- 2) Unusual discharge
- 3) Unpleasant smell
- 4) Fever
- 5) Pain, frequency or burning when you pass urine (these symptoms may indicate a urinary tract infection)

If any of these symptoms occur, please contact Dr Alice Huang's rooms or see your GP for assessment and possible antibiotics treatment.

A post-operative appointment has been made for you with Dr Alice Huang to review your recovery progress and pathology results in 2-3 weeks' time. Please contact our rooms if you would like to confirm your appointment details.

How to contact Dr Alice Huang:

Office Hours: Monday – Friday, 9am – 4pm

Please call (03) 9417 1088 or email reception@dralicehuang.com.au

Emergency After Hours Pager: (03) 9387 1000

In an Emergency, please attend your local emergency department, or either:

The Women's Emergency, Grattan St, Parkville or

Epworth Richmond Emergency, Bridge Road, Richmond

Disclaimer:

This advice is intended as a guide only. Each patient is an individual and treatments may vary. If you have any questions or concerns, please contact our rooms for assistance.