



The Association of Minimally Invasive Gynecologic Surgeons

...dedicated to safe, state-of-the-art surgery and health life-styles for women of all ages

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Hysteroscopy

POSTOPERATIVE INSTRUCTIONS

If you had general anesthesia, you might have some nausea and vomiting when you awaken because of the anesthetic you were given. If a tube was inserted into your windpipe to aid breathing, you might have a sore throat for a day or two. Most patients feel extremely tired the first night after any surgery like they have the “flu”.

After the procedure you could have some mild cramping for a few days. Usually medications like Motrin will remedy this. You will usually have some spotting or slight bleeding from the uterus for an unpredictable amount of time (1-2 weeks on average). Your next menstrual period might not occur at the regular time; it could be early or late.

Things to expect:

1. You might bleed or spot for several days. Use only sanitary napkins, no tampons.
2. For three-seven days: rest, walk, drink plenty of fluids, take only showers, and don't drive. Further activities will be discussed at your 1 week postoperative visit.
3. For constipation: Drink 8-10 glasses of water, Surfak 2x daily, Milk of Magnesia 2 caplets or 30cc every-other-day. You may take prunes each day and fiber (Citrucel)
4. Wear loose clothing for 1 week
5. Begin increasing your activity gradually at the instructions of your doctor and/or after seven days of initial healing.
6. We generally recommend a bland diet for 7 days. Thereafter there are no restrictions.
7. Take your temperature once a day for 3 days. If it should rise to 100.5 degrees or higher, please contact us at 305-596-3744. Someone will return your call and answer any questions.
8. Please keep your postoperative appointment. During that appointment we will review you surgery, and the pathology, determine long-term plans and options, often look at pictures of your particular problem, and examine the operative site for healing evaluation.