

Hysteroscopy D&C – Post-operative care

Personal Care

It will take you a day or so to recover after a general anaesthetic. You should have someone with you when you go home. You should also not drive, operate machinery, or drink alcohol for at least 24 hours after the procedure.

During surgery your cervix was dilated to allow for instruments to be used inside the uterus. To prevent bacteria from entering this area, do not use anything vaginally for two weeks. Avoid using tampons, swimming pools, spa baths, baths or having sexual intercourse.

Bleeding

You will likely have a small amount of bleeding after your procedure. It should not be heavier than a light menstrual period and will resolve spontaneously within a week.

Surgical manipulation can disrupt the normal timing of menstruation. You may get your period earlier or later than expected.

Diet

You may eat whatever you feel you can tolerate. You may experience some residual nausea from the anaesthesia or pain medication which may decrease your appetite. It is most important to remain hydrated and clear liquids are usually most easily tolerated.

Activity

You may resume your normal daily activities. You may find that you tire more easily because of the surgery and anaesthesia. It is best to avoid strenuous activity for about a week after surgery, although there are no specific restrictions.

Pain

It is normal to have some pain (including cramps) post-surgery. Taking regular analgesia, e.g., paracetamol (Panadol®) every four to six hours will help to keep your pain under control. A maximum of only eight paracetamol tablets per day is advised. Additionally, to help with cramps, non-steroidal anti-inflammatory medications such as ibuprofen (Advil®, Nurofen®) may assist in dealing with pain.

Pain management efforts are most successful if you take the medication as soon as you begin to experience discomfort rather than waiting until the pain is severe. Most patients find that their cramping resolves spontaneously within a few days.

Follow-up

Please call the North Preston specialists (Phone: 03 9056 9122) to arrange a follow-up appointment in 2 weeks.

When to seek advice

If you experience any of the following symptoms, please seek medical advice.

- Sudden shivers or chills, hot flushes or sweating, fever and feeling generally unwell.
- Unusual shortness of breath or chest pain.
- Cramping lasting longer than 48 hours, with pain worsening.
- Heavy or prolonged vaginal bleeding or large clots (especially if bright red). It is not normal to have bleeding that soaks a pad within one hour more than once.
- Offensive smelling, or unusual coloured vaginal discharge.
- Burning, stinging, excessive frequency or inability to pass urine.
- Tenderness and/or swelling or a hot sore area in the calf muscles.