



Center for Minimally Invasive Gynecologic Surgery

Post operative instructions for hysteroscopy or operative hysteroscopy

Please read this carefully BEFORE your surgery.

1. You may eat a regular diet.
2. You may shower or bathe.
3. Anticipate light bleeding for one to two weeks.
4. If you have had a hysteroscopic myomectomy or endometrial ablation, you may have light bleeding or a watery discharge for up to 4 weeks. Such discharge may be slightly malodorous.
5. Post operative pain medication options include Tylenol, 1000 mg every 8 hours, Ibuprofen, 600 mg every 6 hours, or Naproxen sodium, 500 mg every 12 hours.
6. If you have had a simple diagnostic hysteroscopy, you may use tampons and have sex immediately after surgery. Otherwise, please refrain from douching, using tampons or having sex for two weeks after surgery.
7. You should have a follow up appointment scheduled to see your doctor in 2-4 weeks after your surgery.
8. Please call your doctor's office right away for any of the following:
 - Temperature > 100.4
 - Increasing abdominal or pelvic pain
 - Vaginal bleeding which is greater than one maxi pad/hour
 - Frequency of urination or burning on urination