

## PATIENT INFORMATION SHEET

### Post Operative Instructions

#### Hysteroscopy, Polypectomy, Endometrial Ablation

1. Rest at home on the day after the procedure
2. Expect some light bleeding for up to 4 weeks. A brownish discharge may continue for those patients who have had an endometrial ablation.
3. May drive after 2 days
4. May bath or swim after 3 days and shower whenever your like.
5. Use a waterproof dressing over any wound for 3 days and then take it off, including the steri-strips that may be there.
6. No sexual intercourse or tampon use for 6 weeks.
7. Kindly report any fresh bleeding or foul smelling vaginal discharge as this may represent infection.
8. May exercise (any type) when you are up to it.