

# Hysteroscopic Ablation or Resection

## Patient Information

### Women's Health Service

Surname: ..... NHI: .....

First Names: .....

Date of Birth: ..... / ..... / ..... Sex: .....

PLACE PATIENT ID HERE



### Going home

You will usually be able to go home once you have made a full recovery from your anaesthetic. You will need to arrange for someone to drive you home. You should have someone to stay with you for the first 24 hours.

You may feel drowsy because a small amount of the anaesthetic may still remain in your body. This can slow your reaction time, coordination and affect your judgement for the next 24 hours. You should not drink alcohol, make any important decisions, sign any documents (including legal), drive a car, cycle, ride a motorbike or use heavy machinery for at least 24 hours after your operation.

Some side effects following anaesthesia may include; sore/dry throat, or a slight cough. This usually resolves within a few days. Nausea, discomfort and tiredness are common side effects during the first few days following surgery.

### Pain relief

You may have some discomfort for 1-2 days, take pain relief as instructed.

### Vaginal Bleeding

You may have some light vaginal bleeding, spotting or brown discharge for several weeks after surgery, this is normal as long as it is not unpleasant smelling.

If it is unpleasant smelling, this could be because of an infection and you may need to be treated with antibiotics.

**If you have heavy, bright red bleeding and you are filling one sanitary pad every hour, please contact the Women's Health Acute Assessment Unit, or your local Emergency Department.**

It is important to use pads instead of tampons and AVOID swimming or hot tub soaks until you have stopped bleeding to avoid infection.

### Physical activity

You will need to take it easy for a day or two. You will usually be able to return to work within a couple of days.

We advise you not to have sexual intercourse until the vaginal discharge/ bleeding has stopped.

### Complications to look out for

We particularly want you to tell us if:

- You have increasing or severe pain, particularly abdominal or shoulder-tip pain.
- You have a fever (temperature).
- You have heavy vaginal bleeding or offensive smelling discharge.
- You are feeling sick or vomiting.

If you have any other health concerns please contact your GP.

### Discharge and Follow-up

Following your operation the doctor will tell you of their findings. Your discharge summary is provided to you and your GP. Your follow-up will be by telephone unless otherwise indicated. At this time your recovery will be assessed and any results will be discussed. No further appointment is needed.

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Most women do not have any problems following Endometrial Ablation or a Hysteroscopic Resection.

If you have any concerns regarding your post operative recovery, please contact the **Gynaecology Ward/Womens Health Assessment Unit on 04 806 0740 (24 hour coverage).**

**Contact number if you have not heard about lab results and if you need a follow up appointment.**

**Women's Clinics Reception  
Level 3  
Wellington Regional Hospital  
Phone: 04 806 0760**