



Post-operative Instructions after Operative Hysteroscopy

Please go directly home today after surgery and rest.

You can eat and drink normally today.

Avoid alcohol for at least 24 hours after surgery.

You should take the pain medication that your doctor has given you today and you may need to take it for a few days after surgery.

You should feel fine the day after your surgery. This means that you may shower, drive, climb stairs and return to work the day after your surgery.

To decrease the risk of infection, you should abstain from sexual intercourse for one week after surgery. In addition, you should not take baths, douche, swim or place anything inside the vagina for one week after surgery.

You may have a balloon catheter placed inside your uterus after surgery. The doctor will tell you if a catheter was placed inside. The catheter will be removed by the doctor one week after surgery (at your post-operative visit). If the catheter falls out before then, there is no harm.

Please call the office to schedule a post-operative visit for one week after surgery.

Call the office if any of these symptoms develop:

- Fever (temperature > 101° F)
- Severe pain unrelieved by pain medication
- Heavy vaginal bleeding (saturating a maxi pad within 2 hours)
- Nausea-vomiting

Please do not hesitate to call Dr. Miller if you have any questions or concerns.