

POST-OPERATIVE INSTRUCTIONS

HYSTEROSCOPIC SURGERY

1. You may immediately resume a normal diet.
2. Most patients have only mild cramping after this surgery.
Tylenol or Extra Strength Tylenol, 2 tablets every four hours or over-the-counter Ibuprofen, 200 milligrams (3-4 tablets every six hours) will be adequate for the discomfort you are having.
3. You should schedule a post-operative appointment four weeks after surgery.
4. Expect some light bleeding for up to two weeks.
5. Call if you have severe pain or heavy bleeding, where you are soaking a pad every hour.
6. It is normal to have a yellowish discharge during the healing process for the first few weeks after surgery.

**UTAH VALLEY WOMEN'S CENTER
OFFICE TELEPHONE NUMBER 801-357-7009**