

Center for Menstrual Disorders
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Postoperative Instructions for Out of Area Patients Undergoing Operative Hysteroscopy (EMR, reoperative hysteroscopic surgery)

The following are a list of generalized instructions and recommendations as you return to your normal everyday lives.

Postop Day #1: Your office visit and what to expect

In most cases you will be seen the morning following your surgery. Your postoperative visit will typically last from 30-40 minutes. During that visit you will undergo an ultrasound examination to *establish a baseline* of what your uterus looks like immediately following surgery. In nearly all cases the uterus will contain a collection of blood (hematometra). If you've had a hematometra prior to surgery please know that this one is *different* since it now communicates with the vagina and it is *temporary*.

Following your ultrasound examination you and I will review your intraoperative digital video and images. You will be given a copy for your own personal records. Additionally, you will be given a copy of all of our preoperative notes and operative report. Copies of these notes will also be sent to the physician(s) you designate.

Your pathology report should be available in 7-10 days and will sent to you by e-mail.

What to expect in the first 3 weeks

Bleeding: You should expect bleeding to last a total of 3 weeks (most of this time you will have only light bleeding or a discharge). Heavy (bright red) bleeding will occur for the first 3-7 days and should progressively lighten. It is not unusual to change pads every 2-3 hours on post-op day #1. After that you should experience lighter bleeding. However, many women notice that as they increase physical activity their bleeding also increases. Please adjust your physical activity accordingly.

Return to exercise: You may return to exercise after 48 hours. Use your judgement regarding physical activity. If you are a long distance runner you will need to adjust the intensity of your work out regimens according to your energy level and the effect that your exercise has on your vaginal bleeding.

Return to work: Most women are comfortable returning to their normal work in 48-72 hours.

Return to sexual activity: You will want to refrain from sexual activity until you are comfortable. I generally suggest waiting until your bleeding ceases entirely or has become what you consider "light".

Lifting weights and heavy objects: Since there are no stitches involved in your surgery you need not be concerned about lifting heavy objects or weights.

When to call: If you notice a fever (Temp > 100.0 degrees) please call—even if you're on the road. If you're feeling worse from day to day (less energy, malaise) please call. *Remember, when in doubt...CALL!*

Returning to your own gynecologist or Primary Care Physician (PCP): If you are working with a gynecologist or PCP in your home town you should arrange to have an ultrasound examination in 2-3 weeks. Please let your radiologist or gynecologist know that I would like to review both the Ultrasound Report and the actual images.

Your ultrasound should indicate a postoperative hematometra. This will be your “next” base-line and will let us know how your healing is progressing. You will want to call me once I have the report so I can answer any questions for you.

When will my bleeding stop? The vast majority of patients will experience a light discharge between their 2nd and 3rd postoperative week. By the 3rd postoperative week the vast majority of women report no further bleeding.

Fourth Month Postoperative Instructions.

We will ask you to obtain an ultrasound examination at approximately 4 months. By this time your healing should be complete. Again, please have the images and report sent to me.

Miscellaneous instructions:

1. **Stay in touch.** You will have my e-mail and contact information. Remember to stay in touch and let me know how you’re doing. We enjoy hearing from our patients and guiding them through this very individualized process.
2. **Let others know about our practice.** If you feel your experience is worth sharing with others here are some suggestions.

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Finally, we are honored that you chose to come to Rochester. Our team has spent decades perfecting our craft and we derives great joy in helping you to achieve your health care goals.

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