

OB/GYN CENTER
303-788-6657
10103 RidgeGate Parkway
Suite 200
Lone Tree, Colorado 80124
Office#303-788-6657 Fax#303-788-8837

Ablation Discharge 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.

OFFICE TELEPHONE NUMBER 303-788-6657
AFTER HOURS ANSWERING SERVICE 303-762-2857