

Dr David Rosen

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**GYNAECOLOGIST AND SPECIALIST
LAPAROSCOPIC SURGEON**

Post-operative information for patients in Day Surgery Unit

Hysteroscopy and Curettage / Endometrial Ablation

1. You may experience some bleeding or brownish discharge lasting a few days to a week. If there is heavier bleeding please contact Dr Rosen. Once the discharge ceases you may swim, take baths etc. Showers are perfectly fine immediately post-op.
2. Sexual intercourse is safe whenever you feel appropriate after the second post-operative day.
3. If appropriate, your next period may be early or late and usually a bit heavier than normal. This is normal. You may use pads or tampons
4. Over 50% of patients experience no post-operative discomfort. If you do, it may be a period-like pain. Ponstan or Naprogesic, sold over the counter, is the best medication for this.
5. Please contact the rooms on 02-9553 6500 for a follow-up appointment in 2 weeks.
6. Please do not take advice from any other source than what we have told you. If you are confused then please let me know.