

POST OPERATIVE INFORMATION – Hysteroscopy D&C, LLETZ biopsy / Cone Biopsy Cervix

What you need to know after your operation.

You are advised not to operate heavy machinery, drive a motor vehicle, or sign any important or legal documents 24 hours after the operation due to the effects of the anaesthetic.

FOLLOW UP:

- You require a post-operative check with Dr Singh 4-6 weeks after surgery.
- We will call you to arrange the appointment alternatively you can also call the rooms to arrange this.

VAGINAL DISCHARGE:

- You will likely experience a red or brown vaginal discharge for 1 to 2 weeks after a curette, 4-6 weeks after a LLETZ/ cone biopsy cervix. Some vaginal discharge such as this is a normal part of healing.
- If you have very heavy bright bleeding, pass blood clots, or have offensive smelling vaginal discharge please contact the rooms OR attend your local doctor.

SEXUAL ACTIVITY, SWIMMING / BATHS:

- Avoid sexual intercourse for 6-8 weeks or until specified.
- Avoid baths (shower only), spas or swimming. For 2 weeks following a Hysteroscopy D&C and 6 weeks after LLETZ/Cone Biopsy cervix. These steps minimize your risk of infection after surgery.

DISCHARGE MEDICATION/PAIN KILLERS:

- Use simple pain relief such as Panadol and Nurofen after surgery. Take these regularly for the first 2 days after surgery. After this you can gradually decrease their use.
- All your normal medications can be resumed on discharge unless directed otherwise.

DIET:

- Avoid constipation by eating a high fibre diet (wholegrains, beans, lentils, fruits, vegetables, pear/prune juices) in combination with adequate fluid intake.

ACTIVITY:

- Avoid strenuous exercise for at least 1 week after surgery.
- Avoid heavy lifting (greater than 2-3 kilos) or straining for at least 1 week after surgery.

DRIVING:

- You should be fit to drive once you are not experiencing pain, moving around freely and not taking any pain killers.

BACK TO WORK:

- Please contact the rooms to arrange a certificate if required.

SYMPTOMS TO REPORT TO YOUR DOCTOR:

If you are experiencing fever, worsening abdominal or pelvic pain, burning during urination or excessive urination, offensive smelling or discoloured vaginal discharge, unusual shortness of breath or chest pains OR if you are concerned about any aspect of how you are feeling; please contact the rooms, your local doctor or emergency department for review.

Phone: 07 38415588

Email: drpsingh.reception@gmail.com

DR PIKSI SINGH
MBBS, FRANZCOG, CGO
GYNAECOLOGICAL ONCOLOGIST

Suite H Ramsay Consulting Suites
137 Flockton St, Everton Park 4053

Phone: 07 3841 5588 Fax: 07 3319 6926
Email: drpsingh.reception@gmail.com
Web: www.drpiksingh.com.au

Suite 299, Level 2
St Andrew's Place
33 North St,
Spring Hill QLD 4000