

# **BRETT J MARSHALL**

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ENDOMETRIOSIS

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## **POST OPERATIVE GUIDELINES**

### **ENDOMETRIAL RESECTION/ ABLATION**

1. Most women feel well enough to return to normal work and daily activities after a few days but we do recommend taking one week off work.
2. You can expect to have a vaginal loss for a few weeks. This may range from a watery loss to moderate bleeding.
3. Please use pads and not tampons for the first 2-3 weeks..
4. Please avoid intercourse for at least two weeks.
5. No strenuous exercise or activity for a week.
6. Bath or shower as usual. No swimming for at least 2 weeks.
7. You may take analgesics for crampy pain. (Panadol/ Panadeine etc.)
8. If there are any problems, please page me on 9387 1000, or phone me on 9776 6411 or 0418 543 453.
  - a) Severe pain.
  - b) Very heavy bleeding, especially clots and flooding.
  - c) Fever
  - d) Offensive vaginal odour.
9. Please arrange a review appointment with me in about six weeks time.
10. This procedure will certainly reduce fertility but will not guarantee contraception, therefore this must be considered.