

# BRETT J MARSHALL

M.B.B.S., F.R.A.N.Z.C.O.G.

GYNAECOLOGIST

ENDOSCOPIC SURGERY

ENDOMETRIOSIS

Suite 3, 7 Foot Street

Frankston 3199

Tel: 9776 6411 Mob: 0418 543 453

Fax: 9039 5060

[www.drbrettmarshall.com.au](http://www.drbrettmarshall.com.au)

## 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.