

WHAT TO EXPECT AFTER SURGERY

Here are some helpful tips to guide you after your surgery

BLEEDING

Minimal bleeding is normal and expected. Call your doctor if you are bleeding through bandages, have bleeding that will not stop, or if you have bleeding that continues for several days.



INFECTION

Please monitor your incision for infection. Your incision will be tender and slightly red, but should get better after several days. Call your doctor if you develop a fever or have yellow/green drainage coming from your incision site.

NAUSEA

Being put to sleep can make you nauseous. Try eating small and bland foods to help prevent nausea the first few days after surgery. Try eating things such as: toast, grits, crackers, and soup.



PAIN

Some pain is expected after surgery. Along with prescribed pain medication, try some other methods to relieve pain such as: watching a movie, going outside, or meditation.

TAKE TIME TO REST

Allow yourself time to rest and recuperate, reducing stress and giving your body the chance to heal and manage pain more effectively.

For any concerns, please contact your surgeon's office

AFTER VISIT SUMMARY

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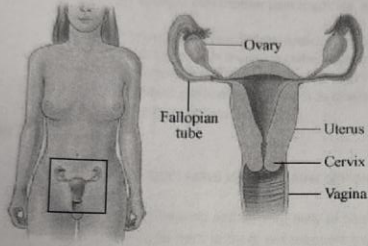
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8/14/2026 Prisma Health Baptist Columbia Hospital-Recovery Room

PRISMA
HEALTH

Attached Information

Hysteroscopy, Post op (English)

Hysteroscopy: What to Expect at Home Your Recovery



A hysteroscopy is a procedure to find and treat problems with your uterus. It may have been done to remove growths from the uterus. Or it may have been done to diagnose or treat fertility problems. It can also be used to diagnose or treat abnormal bleeding.

You may have cramps, discharge, or light vaginal bleeding for several days after the test. This may last longer if the hysteroscopy was used for treatment. If the doctor filled your uterus with air, your belly may feel full. You may also have shoulder pain right after the procedure.

This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to get better as quickly as possible.

How can you care for yourself at home?

Activity

- Rest when you feel tired.
- You can do your normal activities when it feels okay to do so.
- You may shower and take baths as usual.
- Ask your doctor when it is okay for you to have sex.

Diet

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, broiled chicken, toast, and yogurt.
- If your bowel movements are not regular right after surgery, try to avoid constipation and straining. Drink plenty of water. Your doctor may suggest fiber, a stool softener, or a mild laxative.