

Dear Patients,

After surgery, we will review all details with you personally and provide important instructions.

This information sheet summarizes key points for your initial recovery at home. Please take note of the following:

Pain

After uterine surgery, contraction pain may occur. This is not a direct result of the surgery itself but rather a response to the medication administered to help reduce or stop bleeding.

Irregular bleeding, varying in intensity, can occur for up to six weeks after surgery and may sometimes be as heavy as menstrual bleeding.

Eating and Drinking

As with any abdominal surgery under anesthesia, we recommend eating light food that won't strain the digestive system on the day of surgery. Drink plenty of fluids according to your usual habits.

Activity Guidelines

Since the cervix has been dilated and there is a risk of bacteria entering the uterus, please avoid swimming, bathing, sexual intercourse, and tampon use for ten days after surgery.

Showering, however, is fine immediately after surgery.

Follow-up with Your Gynecologist

Please call your gynecologist the day after surgery to schedule a follow-up appointment, typically around ten days after the procedure.

AQS Questionnaire

Please complete the questionnaire provided upon discharge and return it within 14 days in the prepaid envelope to medicaltex GmbH. Your feedback helps us participate in a validated quality assurance process.

Best regards,

Your

Gyn-munich