

Post-Endometrial Curettage Care Instructions 子宮內膜刮除術後注意事項

1. Once you are awake and the anesthesia has worn off, you can drink some water, and if there is no vomiting, you may begin eating. Before getting out of bed, make sure you feel no dizziness, and only proceed with standing and dressing once you are stable. Then, return home for recovery.
2. After returning home, rest in bed for one day. Avoid heavy work for the next two to three days.
3. If there is a gauze packing in the vagina (visible at the vaginal opening) after surgery, remove it yourself before taking a shower on the day you return home.
4. It is normal to experience abdominal cramping due to uterine contractions after surgery. These contractions help reduce bleeding.
5. You will experience bleeding in a small amount for about five days after surgery, which will start heavy and gradually decrease. The color will change from red → pink → creamy yellow. Keep monitoring the vaginal bleeding. If the amount of bleeding exceeds the normal menstrual flow or if the bleeding lasts more than ten days, immediately come to the hospital for treatment.
6. After surgery, pay attention to personal hygiene. Change sanitary pads frequently to keep the perineal area clean. Avoid vaginal douching, and do not use tampons. Shower is recommended to reduce the risk of infection.
7. Rest for at least two weeks after surgery, or until your next normal menstrual period, before resuming regular sexual activity.
8. After bowel movement, wipe from front to back.
9. Inform your doctor or return to the hospital for follow up if you have any of the following conditions:
 - (1) Severe bleeding or prolonged bleeding for several days.
 - (2) Persistent sharp pain.
 - (3) Foul odor of discharge.
 - (4) Fever.
 - (5) Abdominal cramps.