

## Advice for after a Novosure / Myosure Procedure

### What should I expect after I have Novosure/Myosure?

It is usual to have some vaginal bleeding for a few days after the procedure. The bleeding will be like a light period straight after the procedure and will gradually reduce and appear as a heavy dark coloured discharge. It can last anywhere between a few days and 3 to 4 weeks.

### What should I do after I have Novosure/Myosure?

- Take it easy and rest your body for the remainder of the day. Most women recover quickly and can carry on with normal activities within a day or so.
- Avoid heavy work or strenuous exercise for a couple of days to let your womb heal.
- You can take a painkiller such as Paracetamol or Ibuprofen to help with the discomfort of any cramping.
- To minimise the risk of infection, it is important to avoid intercourse (sex), swimming, hot tubs and using tampons for one week following the procedure.
- You can take a bath or shower as normal.

## If you experience any of these rare symptoms:

- heavy vaginal discharge or bleeding
- smelly discharge
- a raised temperature
- pelvic pain that is getting worse,  
that is not relieved by pain medication
- bladder or bowel problems

Please call the Greenoaks Gynaecology Clinic on **01709 427641** between 9.00am to 5.00pm Monday to Thursday and 9.00am to 1.00pm Friday.

Or if it's easier contact your GP for advice.

For advice in the evening or out of hours please contact the Gynaecology Ward on **01709 424349**.

### **Greenoaks Gynaecology Clinic**

Available 9.00am to 5.00pm, Monday to Thursday and 9.00am to 1.00pm Friday

**Telephone 01709 427641**

### **Gynaecology Ward**

Available out of normal working hours

**Telephone 01709 424349**

patient information

