

Returning home after uterine fibroid embolization



Here are various tips for taking care of yourself after this uterine procedure. See what symptoms you might have and how to relieve them.

Is it normal to have pain?

It's normal that, for a few days after the procedure, you'll have:

- severe abdominal pain
- tenderness at the site where you were pricked to insert the small tube (catheter)

How can I relieve the pain?

- Take your prescribed painkillers (analgesics) and anti-inflammatory medications regularly.
- As the pain subsides, you can gradually take less pain medication, but keep taking the anti-inflammatory medications as prescribed.
- Usually, the pain goes away after about 2 weeks.
- It's important to keep moving, despite the pain, to regain your strength.



Don't try to endure your pain. If the pain is well controlled, you'll recover faster.

Is it normal to feel tired?

Over the next few weeks, you may feel more tired or have less energy. Bit by bit, you'll regain your energy and strength.

To help in your recovery:

- take a nap during the day when you feel the need
- take a rest break after any activity that is even slightly tiring

Will my periods change?

For 3 to 6 months, you may have less regular menstrual periods. They may also be heavier or lighter than usual. This is caused by a hormonal imbalance. Everything should get back to normal over time.

For your first period, **use sanitary pads rather than tampons.**

How do I take care of my skin in the groin area?

Remove the bandage 48 hours after the procedure. Once the bandage is removed, you can take a shower. **Don't take a bath for a week (7 days).**

If you notice bruises, don't worry. They'll disappear after about 10 days.

If a lump appears where you were pricked, apply ice on it for 15 minutes every hour, while pressing lightly with your hand. Keep doing this as long as the lump is there and you have pain. The lump should go down within 24 to 48 hours.

When can I resume my usual activities?

You can resume your activities gradually, as soon as you feel able.

Respect your limits and, for 2 weeks, avoid intense activities (jogging, training at the gym, lifting heavy objects, etc.).

When will I be able to have sex again?

You can resume sexual activity when you feel ready and comfortable. This generally takes 1 or 2 weeks.

What follow-up will I have?

You'll have a follow-up appointment with the radiologist about 6 months after the procedure. The Radiology Department will contact you.

What signs should I watch for?

You might have hot flashes for about 1 week. This symptom is not alarming. If needed, take acetaminophen (Tylenol).

However, if any of the following situations arise, call one of the numbers below.

- A fever of 38.5°C (101.3°F) or above that goes away and then suddenly returns.



- Vaginal discharge that smells bad.
- Abdominal pain that gets worse.
- A lump where you were pricked that gets larger, even when ice has been applied over a 48-hour period.

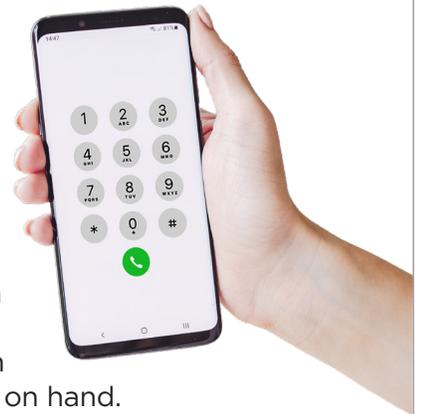
On weekdays during business hours, call the Radiology Department:

 **514 890-8450**

Outside of business hours, call a nurse at the **CHUM Patient Health Line.**

 **514 890-8086**

This service is available 24 hours a day, 7 days a week. When calling, be sure to have your health insurance (RAMQ) card on hand.



USEFUL RESOURCES

Other CHUM health fact sheets are available. Ask your care team which fact sheets can help you.



You can also read them online.
chumontreal.qc.ca/fiches-sante

The content of this document in no way replaces the advice of your healthcare professional.

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