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(910) 486-5700

Today you had a procedure known as UTERINE ARTERY EMBOLIZATION performed by_____. The following are the aftercare instructions you should follow. Please call the office if you have any concerns.

Angiogram aftercare instructions:

Uterine Artery Embolization is normally performed through a needle puncture and sheath insertion in the femoral artery. As such, once the procedure is over, the greatest risk is for **significant bleeding from the puncture site**. Thankfully, this is relatively rare.

When the sheath is removed, we put in a closure device which decreased the amount of time you need to lay flat after the procedure. Even if you receive a closure device, you still have a risk of bleeding. Have you received a closure device? YES NO

What can I do after I go home?

*Most importantly is no heavy lifting or straining for two weeks after the procedure. Heavy lifting is generally considered over 20 pounds. Straining or lifting puts a lot of pressure on the area which is busy healing.

*Most people can go back to light duty work within a day or two after the procedure (if you have a very active job, the doctor might advise you to wait longer.)

*You should wait at least 5 days before resuming your exercise regimen, and are required two weeks if it involves heavy lifting.

After 24 hours you can remove your bandage and shower normally.

What should you watch out for?

*A little soreness at the puncture site is expected and not uncommon. You will also get uterine cramping, sometimes it can be quite significant (such as a severe menstrual cycle). However, significant pain can be a sign that something is wrong. Call us, or be seen by a physician.

*Any bleeding from the **PUNCTURE SITE** is abnormal, even a small ooze. Call us immediately. If you have a lot of bleeding, or the blood flow is pulsating or bright red, don't waste time calling us, call **911**. (We are not referring to menstrual bleeding).

*Many patients have some bruising in the groin area at the PUNCTURE SITE. However, if the bruising is accompanied by a lump (often the size of a golf ball or larger), there may be bleeding under the skin. This can be serious and you should be evaluated by a physician.

***Post embolization syndrome** - characterized by flu-like symptoms of low-grade fever, pain, fatigue, nausea and vomiting — is frequent **after** uterine artery **embolization**. **Post-embolization syndrome** symptoms peak about 48 hours **after** the procedure and usually resolve on their own within a week. Treatments are plenty of fluids, Tylenol or ibuprofen, and comfort measures. If these symptoms persist after 48 hours, please call our office for a same day appointment to make sure no **infection** has developed.

Post-Procedure Medications:

1. Take pain medications (ie Hydrocodone) every 6 hours as needed for severe pain (pain level above 6), take ibuprofen 800mg every 8 hours around the clock for 1 week or longer if needed. You can alternate the pain medications and ibuprofen.
2. Take phenegran 25mg every 4 hours as needed for nausea.
3. Remember that pain medications can cause constipation so use OTC stool softeners or dietary supplements to prevent this.

You have a follow up appointment scheduled for _____ at our office. If you are unable to make that appointment, please call our office at 486-5700 to reschedule.

I understand the above discharge instructions:

Name/Date

Witness/Date