

Care After Your Uterine Artery or Fibroid Embolization

What you can expect after the procedure

- You may have flu-like symptoms such as low energy, nausea and fever. These symptoms are worse the first 2 to 3 days, but should improve. Fever up to 102° F is not uncommon. This is due to the tissue inside your uterus falling away (or sloughing) and is not an infection.
 - If your fever continues for 3 days in a row, call your doctor.
- A moderate amount of pain and cramping is normal. To help relieve this, take your prescription medication as told or take 600 milligrams ibuprofen (Motrin, Advil, Nuprin) 4 times a day for the next 10 days – unless you have an allergy or other reason not to take ibuprofen.
 - Ibuprofen can cause stomach upset and irritation. Be sure to take it with food.
- You may have some vaginal discharge that is brown or reddish brown in color. It can last up to 2 to 3 weeks. This is normal and is due to the tissue falling away from your uterus.
 - It is better to use a sanitary pad during this time. Do not use a tampon for at least one week.
- Your menstrual cycle may start earlier or later than normal. You may not notice any improvement in your symptoms (heavy periods or severe cramping) for up to 3 months after the procedure.
- Avoid sexual intercourse for the first 3 weeks after your procedure.
- It is normal to notice bruising at the puncture site(s) and it may spread over the first few days.

Discharge instructions:

- Keep the puncture site clean and dry.
- You may shower the day after your procedure. Remove the old bandage after your shower and put on a clean bandage if you notice any leakage or drainage from the puncture site(s).

Follow-up care

- You will be told when you need to see the doctor for a follow-up visit.
- Depending on the type of procedure you had, you may need a follow-up MRI or ultrasound in 3 to 12 months to check the status of your uterus.
- Continue to see your doctor for your routine pelvic exams and Pap smears.

Call your doctor if you have any of the following:

- Fever over 101° F for three days in a row
- Bleeding from the puncture site
- Thick, foul-smelling vaginal discharge, especially if you also have a fever and increased pelvic pain
- Pain or cramping that is not relieved with pain medication
- Any other issues or concerns