

Post-Treatment Precautions

HIFU

- You may return to daily activities immediately, but avoid strenuous exercise, saunas, and hot baths for 1 week.
- Since the uterus is exposed to heat during treatment, drink at least 1 liter of water per day.
- Avoid greasy foods, excessive meat intake, foods high in female hormones (such as pomegranate, arrowroot, red ginseng, etc.), and herbal medicine for 1–3 months, as these may affect fibroids/adenomyosis.

Possible Symptoms After Treatment

- Swelling (in the abdomen, face, hands, or feet), leg numbness, abdominal pain, or a sensation of heat may occur. After 1–2 weeks, applying warm compresses or gentle abdominal massage may help relieve discomfort.
- There is a risk of 1st–2nd degree burns or thermal injury to the abdomen.
- **If you notice skin discoloration, blisters, or suspicious symptoms, please visit the hospital immediately.**
- Vaginal discharge or bleeding may occur after treatment. Use sanitary pads or panty liners depending on the amount.
- **If bleeding is heavy (enough to soak a medium pad), please visit the hospital immediately.**

Restrictions & Medications

- Sexual activity may resume 1 week after treatment.
- Avoid alcohol and smoking for 1–2 weeks, as they may cause bleeding or infection.
- Be sure to take all prescribed medications. If pain is severe, take additional pain relievers as directed.