



Post-op Precautions

Radiofrequency Ablation (RFA) for Uterine Fibroids

1

Rest & Activity

- Get plenty of rest for the first 24 hours after the procedure.
- Light daily activities are allowed, but avoid lifting heavy objects or strenuous exercise for about 1 week.
- Do not drive for 24 hours after the procedure.

2

Bleeding & Pain Management

- A small amount of bleeding or brown discharge may continue for 1–2 weeks.
- Mild abdominal pain or cramps similar to menstrual pain may occur; take prescribed pain medication if needed.
- If bleeding is heavy or severe pain persists, contact the hospital immediately.

3

Hygiene & Infection Prevention

- Avoid sexual intercourse for at least 2 weeks after the procedure.
- Do not use tampons; use sanitary pads instead.
- Showers are recommended rather than baths. Avoid swimming pools and saunas.
- If you develop a high fever (over 38°C) or foul-smelling discharge, contact the hospital immediately.

4

Menstruation & Hormonal Changes

- Menstruation usually resumes within 4–6 weeks, though it may be irregular at first.
- As fibroids gradually shrink, menstrual bleeding may decrease and cramps may improve.

5

Contraception & Pregnancy Planning

- Ovulation may continue normally after the procedure, so use appropriate contraception.
- If planning pregnancy, allow at least 3–6 months of recovery and consult with your physician.

6

Emotional Health

- As fibroid symptoms improve, you may notice physical and emotional changes.
- If mood swings or depression occur after the procedure, consider discussing with family or a professional.

7

Follow-Up Visits

- Schedule regular checkups at 1 month, 3 months, and 6 months after the procedure.
- Ultrasound will be used to confirm whether fibroid size has decreased.
- Contact the hospital if you experience unusual symptoms or have concerns.