

Uterine Fibroid Embolization (UFE) Discharge Instructions

No driving for 24 hours: You are not to drive yourself home from the procedure or for the remainder of the day. Do not drive while taking the prescribed pain medications (Percocet, Oxycodone, Hydrocodone, Tramadol, etc).

Medications: You will be discharged with prescription pain, nausea, and anti-inflammatory medications. Take these medications as directed. Please avoid over-the-counter medications while taking your prescriptions, as this may result in adverse reactions. Blood thinners may be resumed 2 days after the procedure or as instructed by prescribing physician.

Activity: Prolonged walking or sitting should be limited following your procedure. You may resume regular activities the day after the procedure. No heavy lifting over 15 pounds and no strenuous activity for 1 week.

Recovery:

- ❖ You should expect heavy menstrual cramping/pain for several days. This is normal. Pain and cramping should improve over time, generally within 1-2 weeks. You may experience intermittent cramping for 1-2 months.
- ❖ You may experience irregular bleeding, spotting, or passing of blood clots intermittently for up to 3 months. Should you experience consistent heavy bleeding, you may need to take or increase your current dose of Iron supplements. Please discuss this with your gynecologist.
- ❖ No sexual intercourse for 2 weeks
- ❖ No tampons or douching for 1 month
- ❖ Constipation is common with use of prescription pain medication. You may use any over-the-counter medications for prevention or symptomatic relief of constipation that you would normally use. These include prune juice, Milk of Magnesia, Miralax, Magnesium Citrate, or Fleets Enemas.
- ❖ Hydration is very important. Drink plenty of liquids unless you are on fluid restrictions. This will help "flush" the contrast from your system. Water is recommended. Limit the amount of alcohol and caffeine you drink. Fluids with caffeine include coffee, tea, and soda.

Puncture Site Care: Keep the puncture site dry. Sponge bath only on the night of the procedure. You may remove the dressing and shower 24 hours after the procedure. Do not scrub the site, gently clean and pat dry. Please do not fully submerge the procedure site under water for 1 week (no tub baths and no swimming).

If bleeding or bruising occurs, hold pressure on the puncture site for 10 minutes. Minimal oozing from or bruising at the puncture site is normal. A small "knot" (hematoma) may form under the skin and last for several weeks. If this gets larger or painful, please notify us.

Radial (Wrist) Puncture Site Care: If your procedure was performed through the blood vessel in your wrist, you will need to do the following in addition to the regular site care:

- ❖ Do not flex or bend the affected arm for 24 hours.
- ❖ Avoid activities that put stress on the affected hand/arm for 1 week (typing, pushing/pulling, lifting heavy objects)
- ❖ Do not apply powder or lotion to the puncture site for a minimum of 3 days

Follow Up: You will receive a phone call approximately **1 month** post-procedure to discuss your recovery. Additional phone visits may be scheduled as needed.

Call us *immediately* if you experience any of the following:

- ❖ Temperature greater than 101°F
- ❖ Dizziness or lightheadedness
- ❖ Foul smelling discharge
- ❖ Intractable vomiting
- ❖ Progressive or worsening pelvic pain not relieved by medications
- ❖ Increased redness or swelling at the puncture site
- ❖ Constipation that does not improve with use of over-the-counter medication after 3 days
- ❖ Bleeding that does not stop after 10 minutes of applied pressure
- ❖ Any numbness, tingling, weakness, pale coloration, or coolness in the hand after a radial (wrist) puncture

**If you have any questions or concerns, please call
Radiology Associates of Atlanta at 404-352-1409**