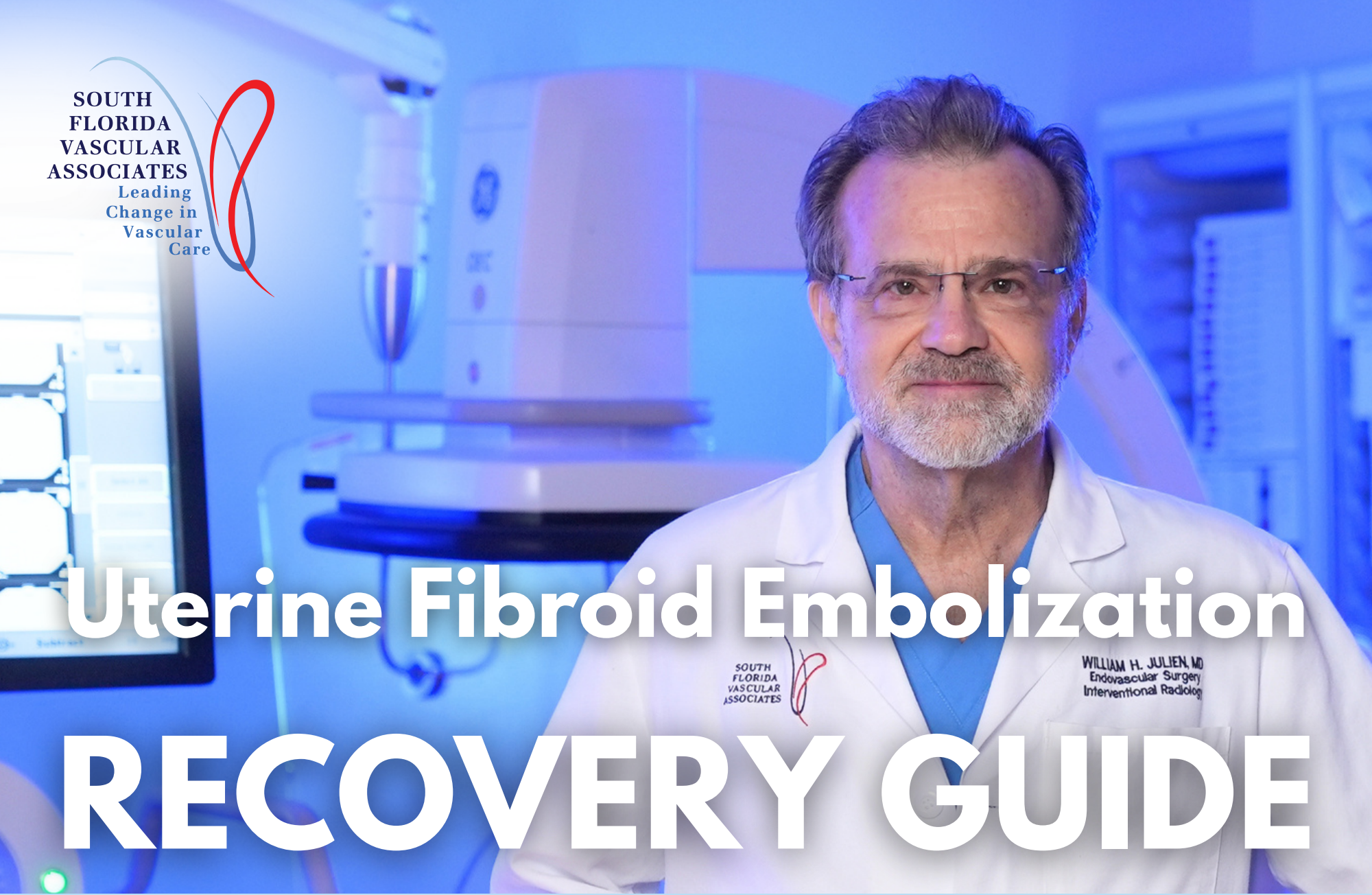




Uterine Fibroid Embolization RECOVERY GUIDE

A simple recovery guide—from the first hours after your procedure to your final results.

The First Week

SAME DAY • After the procedure

- Rest for a few hours in the recovery area before discharge.
- Patients go home the same day.

FIRST 24–48 HOURS • Expected symptoms

- Most patients report pelvic cramping (from mild to moderately). This is normal and expected part of the recovery process.
- Our care team provides a pain-management protocol to keep discomfort manageable.
- Most patients also experience fatigue, a low-grade fever, mild nausea.
- Rest, hydrate, and avoid driving, heavy lifting.

DAYS 3–7 • Getting back to routine

- Most women notice a meaningful reduction in cramping intensity.
- Fatigue may continue through the end of the first week.
- Short, light walks are well tolerated.
- A follow-up appointment is scheduled during this period.
- 9 out of 10 patients return to work after one week.

Weeks 2 Through 4 and Long Term Results

WEEK 2 • Energy begins to rebound

- Pelvic discomfort continues to diminish.
- Light exercise, such as walking, is generally appropriate for most patients.

MONTHS 1–3 • Symptoms improve

- Patients report meaningful improvement in fibroid-related symptoms.
- Your provider will monitor your progress at scheduled follow-up visits.

MONTHS 3–6 • Fibroids gradually shrink

- Fibroids begin shrinking noticeably within the first few months.
- Shrinkage occurs over six to twelve months.
- Final results are assessed around six months using imaging.

Tips for a Smoother Recovery

A little preparation can make the first few days much easier.

01 • Prepare your recovery space

Set up a comfortable area with medications, water, snacks, a heating pad, and entertainment.

02 • Arrange help

Plan for a family member or trusted friend to help with driving, meals, and household tasks for 48–72 hours.

03 • Stay hydrated

Adequate fluids support recovery and help with fatigue and other temporary symptoms.

04 • Take prescribed medications

Take prescribed medications as directed. Follow your provider's pain-management instructions.

05 • Follow your SFVA instructions

Your specific discharge instructions take precedence over general advice you may find elsewhere.