



**POST-OPERATIVE  
INSTRUCTIONS: EGG RETRIEVAL**

After your surgery it is common to feel sleepy and possibly experience mild pain, nausea and slight dizziness



## DOs



### Hygiene:

Showering is safe. Wear light comfortable clothing.



### Diet:

You are allowed to eat and drink shortly after surgery. Consume a high protein diet. Stay hydrated.



### Activities:

You can walk short distances, climb stairs and engage in light activities.



### Medication:

You need to take all the medication as advised by your caregivers.



### Pain:

It is normal to feel some pelvic heaviness and mild to moderate cramping. You can take paracetamol 2 tablet every 8 hours as advised by your doctor.



### Bleeding:

Often there is a small amount of spotting or minor bleeding usually lasting 3 days. If you experience moderate or heavy bleeding or bleeding that persists longer than 3 days following your surgery, please contact your doctor.



### Unusual symptoms:

If you are experiencing shortness of breath, severe nausea, vomiting, severe pain, excessive bleeding, fever, chills, redness etc., please contact your doctor at the fertility center immediately.



### Follow up:

You will receive a call from the center 1-2 days after your surgery to ensure your safe recovery.



## DON'Ts



Avoid immersing yourself in water such as swimming, bathing and jacuzzi.



Refrain from sexual intercourse for 2 to 3 days to allow vagina to heal or as instructed by your doctor.



Avoid heavy lifting or vigorous exercises such as running or aerobics for 2 to 3 days post-surgery



### **Disclaimer:**

The center and its employees are not responsible for the loss of money or personal valuables.

### **Working Hours:**

Monday to Friday, 8:00 am to 7:30 pm

### **After Hours:**

Contact coordinators or the treating physician contact number.



28th Street, Mohammed Bin Zayed City,  
Abu Dhabi, United Arab Emirates

For Inquiries & Appointments

 **800 23**

For International Inquiries & Appointments

 **+ 971 50 767 2825**

[frontdesk@trustfertility.com](mailto:frontdesk@trustfertility.com)

[BurjeelMedicalCity.com/Patients](https://BurjeelMedicalCity.com/Patients)