

## Dr David Rosen

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### Patient Information – Essure Sterilisation

1. *You may experience some bleeding or brownish discharge lasting a few days to a week. If there is heavier bleeding please contact our rooms.*
2. *Your next period may be early or late, and often a bit heavier than usual. This is normal.*
3. *Over 50% of patients experience no post-operative discomfort. If you do, however, it may be a period-like pain. Ponstam or Naprogesic, sold over the counter, is the best medication for this.*
4. *You will need to continue your current contraception for the next three months until your x-ray confirms the devices are in the correct position.*
5. *Please do not take advice from any other source than what we have told you. If you are confused, then please let us know.*
5. **Follow-up is vital.** *Please contact the rooms to schedule your post-operative appointment for three month's time, following your x-ray.*