



ELYSARA
ENDOMETRIOSIS MANAGEMENT

HEALING STEPS POST SURGERY

A guide to recovery after endometriosis
excision surgery



ELYSARA MEDICAL & WELLNESS

MEDICAL & LEGAL DISCLAIMER

This booklet is for general education. It does not provide individual medical advice, diagnosis, treatment, or legal advice, and downloading it does not establish a clinician-patient relationship. Recovery varies by person and procedure.

Follow the instructions from your surgeon and care team. Ask them before changing medicines, diet, activity, wound care, or follow-up plans. Contact your care team about new or worsening symptoms; seek urgent medical care for an emergency.



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THE FIRST STEP *in Healing*

AFTER ENDOMETRIOSIS
EXCISION SURGERY

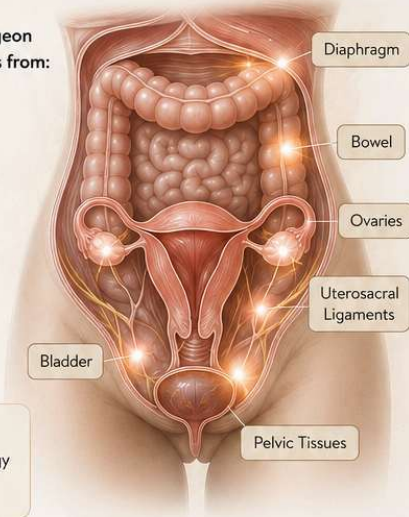
YOUR BODY IS WORKING HARD RIGHT NOW.

Even though your incisions may be small, excision surgery is still considered **major surgery**.



During your procedure, your surgeon may have removed endometriosis from:

- Pelvic tissues
- Ovaries
- Uterosacral ligaments
- Bowel
- Bladder
- Diaphragm
- Nerves
- Connective tissue



Your body is now directing enormous amounts of energy toward healing.

YOU MAY EXPERIENCE:



Fatigue



Brain fog



Pelvic soreness



Bloating



Difficulty sleeping



Emotional ups and downs



Reduced appetite

These symptoms are often a normal part of recovery.



THE SCIENCE BEHIND HEALING

After surgery your body enters a healing phase where:



Blood flow increases to surgical areas



Immune cells begin repairing tissue



Energy is redirected away from normal daily activities and toward healing



The nervous system begins calming after years of chronic pain and inflammation



Your body cannot heal and perform at 100% at the same time.

IMPORTANT REMINDER

If you are tired, rest.

Fatigue is not weakness.
Fatigue is communication from your body saying:
"I need energy to heal."



*Recovery is not a race.
Healing happens one day at a time.*



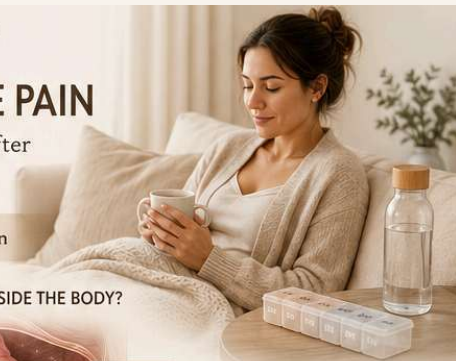
BE PATIENT. BE GENTLE WITH YOURSELF. YOU HAVE JUST BEEN THROUGH SOMETHING MAJOR.
YOU ARE STRONG, AND YOU ARE HEALING.



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WHY YOU MUST STAY AHEAD OF THE PAIN

Understanding Pain Medication After Endometriosis Excision Surgery



Don't Wait Until You're In Severe Pain To Take Your Medication

Many patients wake up after surgery feeling surprisingly good and think:

"Maybe I won't need all of these medications."

However, during the first 24–48 hours after surgery, anesthesia medications are still affecting your body.

These medications can temporarily hide or reduce pain.

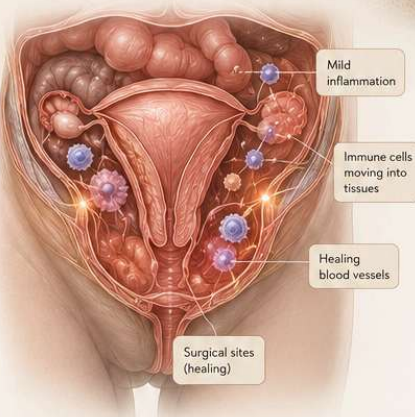
As the anesthesia wears off, inflammation begins to increase and your body becomes more aware of the surgical sites.

This is why many patients feel:

- ✓ More discomfort on Day 2
- ✓ Increased soreness on Day 3
- ✓ More fatigue after moving around
- ✓ Greater awareness of surgical areas

This is normal.

WHAT IS HAPPENING INSIDE THE BODY?



INFLAMMATION IS PART OF HEALING

Your body is sending:

- Blood flow
- Immune cells
- Repair signals

to the areas that were treated during surgery.

While this healing process is necessary, it can also create discomfort.

STAY AHEAD OF THE PAIN

EXAMPLE SCHEDULE
(ALWAYS FOLLOW YOUR SURGEON'S DIRECTIONS)



- ✓ Pain is easier to prevent than it is to chase.
- ✓ Taking medications on schedule helps maintain consistent comfort and prevents pain from becoming overwhelming.
- ✓ Many patients experience a smoother recovery when they follow the medication schedule provided by their surgical team.

COMMON MEDICATIONS YOU MAY BE PRESCRIBED

TORADOL (Ketorolac)



What Is It?

A powerful anti-inflammatory medication.

What Does It Do?

- ✓ Reduces inflammation
- ✓ Decreases swelling
- ✓ Helps control post-surgical pain

Why Is It Important?

Inflammation is one of the biggest causes of discomfort after surgery. Reducing inflammation often makes moving, walking, and resting more comfortable.

TYLENOL (Acetaminophen)



What Is It?

A pain reliever and fever reducer.

What Does It Do?

- ✓ Reduces discomfort
- ✓ Helps improve comfort between other medications
- ✓ Supports overall pain control

Many surgical practices incorporate Tylenol into a scheduled post-operative pain plan.

ZOFRAN (Ondansetron)



What Is It?

A medication used to prevent nausea and vomiting.

Why Might You Need It?

Anesthesia, pain medications, dehydration, and reduced food intake can all contribute to nausea.

Managing nausea helps:

- ✓ Improve hydration
- ✓ Improve appetite
- ✓ Make medication easier to tolerate

BEFORE YOU MOVE

Helpful Tip

Many patients find it beneficial to take prescribed pain medication approximately **30 MINUTES BEFORE:**

- Showering
- Walking
- Getting out of bed for extended periods
- Climbing stairs

This allows medication time to begin working before activity.

RECOVERY IS NOT ABOUT BEING TOUGH



Taking medication appropriately does not slow healing.

In many cases, proper pain control allows patients to:

- ✓ Walk sooner
- ✓ Breathe deeper
- ✓ Sleep better
- ✓ Move more comfortably
- ✓ Recover more efficiently

IMPORTANT REMINDER ALWAYS FOLLOW THE INSTRUCTIONS PROVIDED BY YOUR SURGEON AND SURGICAL TEAM

Every surgery is unique. Your surgeon's instructions should always take priority over general educational information.

"Managing pain allows your body to focus on healing."

UNDERSTANDING GAS PAIN & SHOULDER PAIN AFTER SURGERY

Why Does My Shoulder Hurt If My Surgery Was In My Pelvis?

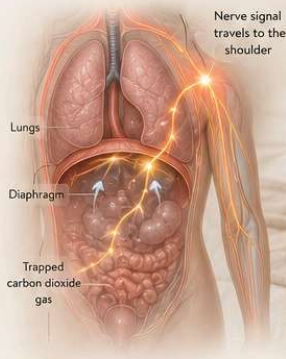
ONE OF THE MOST COMMON QUESTIONS AFTER SURGERY

Many patients become worried when they develop shoulder pain after endometriosis excision surgery.

The discomfort may feel:

- ✓ Sharp
- ✓ Achy
- ✓ Pressure-like
- ✓ Under the shoulder blade
- ✓ Across the upper back
- ✓ Under the collarbone
- ✓ Worse when lying down

♥ The good news is that this is often a normal part of recovery.



WHAT CAUSES SHOULDER PAIN?

During Surgery

To safely perform laparoscopic surgery, surgeons use carbon dioxide gas (CO₂) to gently inflate the abdomen.

This creates space so they can safely:

- ✓ See the organs
- ✓ Locate endometriosis
- ✓ Remove disease
- ✓ Protect surrounding structures

Although most of the gas is removed at the end of surgery, small amounts can remain temporarily trapped.



WHY DOES IT GO TO THE SHOULDER?

The Diaphragm Connection

The diaphragm is a large muscle located beneath your lungs.

When trapped gas irritates the diaphragm, the body sometimes misinterprets the nerve signals.

Instead of feeling irritation in the diaphragm itself, the brain feels pain in the shoulder.

This is called:
REFERRED PAIN

Your shoulder is not injured. The nerves are simply sharing the same communication pathway.



WHAT DOES GAS PAIN FEEL LIKE?

Many patients describe:

- ✓ Shoulder pain
- ✓ Upper back pain
- ✓ Rib pain
- ✓ Chest pressure
- ✓ Pain when taking deep breaths
- ✓ Pain when lying flat
- ✓ Sharp stabbing sensations
- ✓ Pain that moves around

♥ These symptoms often improve as the gas is absorbed by the body.

THE BEST TREATMENT IS WALKING

Why Walking Helps

Walking helps:

- ✓ Move trapped gas
- ✓ Stimulate digestion
- ✓ Improve circulation
- ✓ Reduce stiffness
- ✓ Encourage healing



WALKING PLAN

-  **SURGERY DAY**
Short walk to bathroom if approved by your surgeon.
-  **DAYS 1-3**
5-10 minute walks 3-6 times daily
-  **DAYS 4-7**
10-15 minute walks 3-4 times daily
-  **WEEK 2**
Gradually increase activity as tolerated.

GAS-X EDUCATION

Extra Strength Gas-X (Simethicone)

Gas-X helps break up gas bubbles and can improve comfort for many patients.

HELPFUL TIP

Many patients find it beneficial to take:

Extra Strength Gas-X
Approximately 20 minutes before a walk.

Always follow package directions and your surgeon's instructions.



WHEN SHOULD I CALL MY SURGEON?

Contact your surgeon immediately if you experience:

- ⚠ Severe chest pain
- ⚠ Difficulty breathing
- ⚠ Rapid heart rate
- ⚠ Fainting
- ⚠ New symptoms that concern you

IMPORTANT REMINDER

Shoulder Pain Does Not Mean Something Went Wrong

For many patients, shoulder pain is simply the result of temporary irritation from the gas used during surgery.

As your body absorbs the gas and healing progresses, the discomfort typically improves.



OTHER WAYS TO RELIEVE GAS PAIN



HEAT THERAPY

Heating pad on:

- ✓ Shoulders
- ✓ Upper back
- ✓ Neck



DEEP BREATHING

Helps:

- ✓ Expand the diaphragm
- ✓ Increase oxygen delivery
- ✓ Encourage gas movement



HYDRATION

Water supports:

- ✓ Digestion
- ✓ Circulation
- ✓ Recovery



SITTING UPRIGHT

Many patients find relief when:

- ✓ Sitting in a recliner
- ✓ Using pillows
- ✓ Avoiding completely flat positions

TYPICAL RECOVERY TIMELINE



"Every short walk is helping your body heal."



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UNDERSTANDING BOWEL RECOVERY AFTER SURGERY

*Why Am I Constipated? Why Am I Having Diarrhea?
When Will My Bowels Return To Normal?*



ONE OF THE MOST IMPORTANT PARTS OF RECOVERY IS SUPPORTING YOUR DIGESTIVE SYSTEM

Many patients are surprised that bowel symptoms can be one of the most uncomfortable parts of recovery.

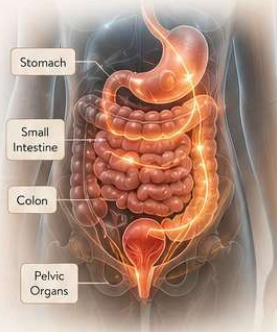
After surgery, it is normal to experience:

- ✓ Constipation
- ✓ Gas
- ✓ Diarrhea
- ✓ Delayed bowel movements
- ✓ Bloating
- ✓ Fear of the first bowel movement
- ✓ Cramping



The good news:

These symptoms are often temporary and improve as your digestive system recovers.



WHY DOES CONSTIPATION HAPPEN?



Several factors contribute to constipation:

- 💊 Pain medications
- 💤 Anesthesia
- 🚶 Reduced activity
- 💧 Dehydration
- 🍽️ Reduced food intake
- 🔪 Surgical manipulation of tissues

After surgery, the digestive tract temporarily slows down.
This is completely normal.

WHAT IF I HAVE DIARRHEA INSTEAD?



Many endometriosis surgeons require a bowel preparation before surgery.

Because of this, some patients experience diarrhea for several days after surgery.

This may simply be residual effects from the bowel prep.

As your digestive tract begins processing normal food again, bowel movements often become more formed.

THE FIRST BOWEL MOVEMENT



Many patients are nervous about their first bowel movement. This is understandable.

The first bowel movement may:

- ✓ Take several days
- ✓ Feel uncomfortable
- ✓ Require patience
- ✓ Cause temporary cramping

Try not to strain.
Allow your body time.

STOOL SOFTENER PLAN



WEEK 1

Morning:
2 Colace after breakfast



Evening:
2 Colace before bed

Even if stools remain loose initially. The goal is to keep stool soft while regular food is reintroduced.



WEEK 2

2 Colace before bed



WEEK 3

1 Colace before bed



WEEK 4

Use as needed

Soft stools are easier to pass and place less pressure on healing tissues.

WHY HYDRATION MATTERS



Hydration helps:

- ✓ Prevent constipation
- ✓ Improve circulation
- ✓ Support healing
- ✓ Reduce dizziness
- ✓ Improve energy

Aim to sip water consistently throughout the day.

FOODS THAT MAY HELP DURING EARLY RECOVERY

WEEK 1



- ★ Oatmeal
- ★ Bananas
- ★ Applesauce
- ★ Eggs
- ★ Bone broth
- ★ Soup
- ★ Rice
- ★ Sweet potatoes

WEEK 2



- ★ Chicken
- ★ Turkey
- ★ Salmon
- ★ Cooked vegetables
- ★ Avocado
- ★ Quinoa
- ★ Greek yogurt

WEEK 3



- Transition toward:
- ★ Mediterranean Diet
 - ★ Lean proteins
 - ★ Vegetables
 - ★ Olive oil
 - ★ Fruit
 - ★ Nuts
 - ★ Seeds



WHEN SHOULD I CALL MY SURGEON?

Contact your surgeon if:

- ❗ Severe abdominal swelling
- ❗ Persistent vomiting
- ❗ Inability to pass gas
- ❗ No bowel movement despite following instructions
- ❗ Severe worsening abdominal pain
- ❗ Rectal bleeding that concerns you



IMPORTANT REMINDER

Your Digestive System Is Recovering Too

Your body is healing from surgery, anesthesia, medications, and inflammation.

Give your digestive system time to wake up.
Be patient with yourself.



*"Healing is not only happening on the outside.
Your body is healing on the inside too."*

WHAT SHOULD I EAT AFTER ENDOMETRIOSIS EXCISION SURGERY?

A Week-by-Week Recovery Nutrition Guide

FOOD IS MORE THAN FUEL DURING RECOVERY

After surgery, your body needs nutrients to:

- ✓ Repair tissue
- ✓ Restore energy
- ✓ Reduce inflammation
- ✓ Support immune function
- ✓ Support digestion
- ✓ Promote healing

Many patients find that eating too much, too quickly, or choosing difficult-to-digest foods can increase:



The goal is not perfection.
The goal is nourishment.



WEEK 1

Gentle Foods For Healing

During the first week after surgery, your digestive system is still recovering from:

- zz Anesthesia
- Medications
- Surgical manipulation
- Reduced appetite

Focus on foods that are:

- ✓ Soft
- ✓ Easy to digest
- ✓ Hydrating
- ✓ Rich in nutrients



WEEK 1 TIP

Small meals are often easier to tolerate than large meals.

WEEK 2

Rebuilding Strength

By week two, many patients begin feeling slightly better. Your body now needs:

- ✓ Protein
- ✓ Vitamins
- ✓ Minerals
- ✓ Healthy fats to support deeper tissue repair.



Protein is one of the most important nutrients for surgical healing.

WEEK 3

Transitioning To An Anti-Inflammatory Lifestyle

As digestion improves, many patients can begin transitioning toward a Mediterranean-style eating pattern.



WHY MEDITERRANEAN EATING?

Research consistently shows Mediterranean-style eating patterns may help:

- ✓ Reduce inflammation
- ✓ Support gut health
- ✓ Support cardiovascular health
- ✓ Improve overall wellness

FOODS THAT MAY TEMPORARILY INCREASE DISCOMFORT

Some patients may notice increased bloating or digestive discomfort from:

- ✗ Fried foods
- ✗ Fast food
- ✗ Alcohol
- ✗ Excess sugar
- ✗ Highly processed foods
- ✗ Carbonated beverages
- ✗ Heavy restaurant meals

This does not mean these foods can never be eaten again. Your body simply needs time to recover.



NUTRITION FOR HEALING

The nutrients you eat travel through your bloodstream to help repair tissues and support whole-body healing.

- PROTEIN**
Builds and repairs tissue
- VITAMINS**
Support immune function and healing
- MINERALS**
Support energy and cellular repair
- HYDRATION**
Supports circulation and detoxification



DON'T FORGET HYDRATION



Hydration helps:

- ✓ Reduce constipation
- ✓ Improve circulation
- ✓ Support healing
- ✓ Reduce dizziness
- ✓ Improve energy
- ✓ Support digestion

GOAL

Keep a water bottle nearby throughout the day.

Sip consistently rather than trying to drink large amounts all at once.

LISTEN TO YOUR BODY

Recovery is not a diet. Recovery is a healing process.

Some days you may:

- ✓ Feel hungry
- ✓ Feel tired
- ✓ Need more protein
- ✓ Need lighter meals
- ✓ Need extra hydration

That is okay. Your body is communicating what it needs.



IMPORTANT REMINDER Healing Requires Fuel

Many patients worry about eating "perfectly." Instead, focus on:

- ✓ Nourishing foods
- ✓ Rest
- ✓ Hydration
- ✓ Consistency
- ✓ Protein



Healing happens
one meal, one walk,
and one day at a time.

"Food is one of the ways we support the body's incredible ability to heal."

UNDERSTANDING BLADDER RECOVERY AFTER ENDOMETRIOSIS SURGERY

Why Does It Feel Different When I Urinate?

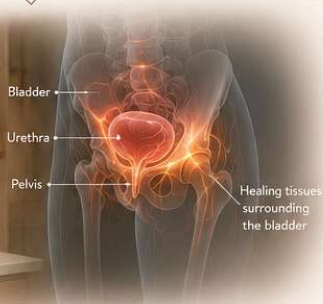


"Something Feels Different When I Pee"

Many patients become concerned when they notice changes in their bladder function after surgery.

The good news:

Many bladder symptoms during the first days and weeks after surgery are normal and often improve as healing progresses.



WHY DOES MY BLADDER FEEL DIFFERENT?



During surgery, tissues surrounding the bladder are often moved, examined, or treated.

Even if surgery was not performed directly on the bladder itself, nearby tissues may become temporarily inflamed.

This can lead to:

- ✓ Bladder pressure
- ✓ Increased awareness of bladder filling
- ✓ Intermittent urinary stream
- ✓ Mild urgency
- ✓ Feeling like you need to urinate more often
- ✓ Temporary changes in bladder sensation

These symptoms are often part of the normal healing process.

WHAT IS INTERMITTENT FLOW?

Some patients notice:

- ✓ Starting and stopping while urinating
- ✓ A weaker stream
- ✓ Difficulty fully relaxing
- ✓ A sensation that flow is different than usual



This is often temporary and may improve as swelling and inflammation decrease.

WHY DOES THIS HAPPEN?



After surgery:

- Tissues are healing
- Inflammation is present
- Nerves are recovering
- Pelvic floor muscles may be protective and tight

All of these factors can temporarily affect bladder function.

AZO EDUCATION

WHAT IS AZO?

AZO (Phenazopyridine) is a urinary tract discomfort reliever.

Some surgical practices recommend AZO during early recovery to help improve urinary discomfort and irritation.

IMPORTANT TO KNOW

AZO:

- ✓ May help reduce urinary discomfort
- ✓ May help improve bladder irritation
- ✓ Does not treat a urinary tract infection
- ✓ Does not replace antibiotics if an infection is present

ORANGE URINE IS NORMAL



DO NOT BE ALARMED

AZO commonly causes:

- Bright orange urine
- Orange staining of urine
- Orange discoloration on toilet paper

This is expected and normal while taking the medication.



WHEN MIGHT SOME SURGEONS RECOMMEND AZO?

Some patients may consider discussing AZO with their surgeon if they experience:

- ✓ Bladder pressure
- ✓ Urinary irritation
- ✓ Intermittent flow
- ✓ Increased urinary sensitivity

Always follow the instructions provided by your surgical team.

Many patients notice these symptoms most commonly during:

Days 2-4
After Surgery

WHEN SHOULD I CONTACT MY SURGEON?

Contact Your Surgeon Immediately If You Experience:

- Burning or painful urination
- Fever
- Difficulty urinating
- Severe bladder pain
- Inability to urinate
- New worsening urinary symptoms
- Blood clots in urine



HOW TO SUPPORT BLADDER RECOVERY

- Stay hydrated
- Take gentle walks
- Rest when tired
- Do not strain
- Allow extra time when using the bathroom
- Be patient with your body



IMPORTANT REMINDER

Your Bladder Is Healing Too

Just like your pelvis, bowel, and surgical sites, your bladder may need time to recover.

Many early bladder symptoms improve as inflammation decreases and healing progresses.



"Healing takes time. Be patient with every part of your recovery."



UNDERSTANDING FATIGUE AFTER SURGERY

Why Rest Is Part Of Your Treatment Plan

"Why Am I So Tired?"

One of the most common concerns patients have after endometriosis excision surgery is:

"I wasn't expecting to be this exhausted."

Many patients feel:

- ✓ Physically drained
- ✓ Emotionally exhausted
- ✓ Mentally foggy
- ✓ Weak after simple activities
- ✓ More tired than expected
- ✓ Frustrated by their lack of energy



The good news:

Fatigue after surgery is normal.

In fact, fatigue is often a sign that your body is prioritizing healing.



WHERE IS ALL MY ENERGY GOING?

Your body is essentially working a full-time job behind the scenes.

- Tissue Repair
- Immune Function
- Cellular Healing
- Nervous System Recovery
- Increased Circulation

Every incision.
Every surgical site.
Every area where
endometriosis was removed.
Is actively healing.
That healing requires energy.

THE SCIENCE OF POST-SURGICAL FATIGUE

After surgery your body increases:

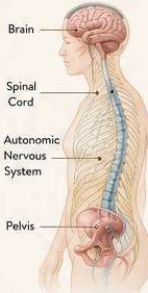
- ✓ Inflammatory signaling
- ✓ Immune activity
- ✓ Blood flow
- ✓ Tissue regeneration
- ✓ Protein synthesis
- ✓ Cellular repair

All of these processes require significant energy.

This is why some patients feel exhausted even after doing very little.



YOUR NERVOUS SYSTEM IS HEALING TOO



Many women with endometriosis have spent years living with:

- ⚠ Chronic pain
- ⚠ Inflammation
- ⚠ Poor sleep
- ⚠ Stress
- ⚠ Medical trauma
- ⚠ Hypervigilance

After surgery, the nervous system finally has an opportunity to begin calming down.

This healing process can also contribute to fatigue.

FATIGUE DOES NOT MEAN YOU ARE FAILING

Many patients worry:

"I'm not recovering fast enough."

"I should be doing more."

"I feel lazy."



You are not lazy.
You are healing.

Rest is not weakness.
Rest is treatment.

WHAT YOUR BODY MAY BE TELLING YOU



Walking Grocery Shopping Showering Housework

When fatigue appears:

- ✓ Slow down
- ✓ Sit down
- ✓ Hydrate
- ✓ Eat something nourishing
- ✓ Take a break

Fatigue is often your body's way of saying:
"I need more resources for healing."

THE HEALING BATTERY



Recovery varies for every patient.

HOW TO SUPPORT YOUR ENERGY

- Hydration
- Protein
- Nutrient-dense foods
- Sleep
- Short walks
- Sunlight
- Stress reduction
- Asking for help

WHAT NOT TO DO

Avoid:

- ✗ Pushing through exhaustion
- ✗ Comparing your recovery to others
- ✗ Feeling guilty for resting
- ✗ Overcommitting socially
- ✗ Returning to activities too quickly

WHEN SHOULD I CALL MY SURGEON?

Contact your surgeon if fatigue is accompanied by:

- 1 Fever
- 1 Severe dizziness
- 1 Shortness of breath
- 1 Rapid heart rate
- 1 New worsening symptoms
- 1 Heavy bleeding



IMPORTANT REMINDER

*Healing Is Happening
Even When You Are Resting*

Some of the most important healing occurs while:

- ✓ Sleeping
- ✓ Resting
- ✓ Relaxing
- ✓ Allowing your body time to recover

You do not have to earn your rest.
Your body needs it.



"Your body is not being lazy. Your body is healing."





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UNDERSTANDING VAGINAL BLEEDING & DISCHARGE AFTER SURGERY

What Is Normal and When Should I Call My Surgeon?

"Is This Amount Of Bleeding Normal?"

One of the most common concerns after endometriosis surgery is vaginal bleeding.

Many patients become worried when they notice:

- ✓ Spotting
- ✓ Small clots
- ✓ Light bleeding
- ✓ Changes in bleeding from day to day
- ✓ Brown discharge
- ✓ Pink discharge

♥ In many cases, these symptoms can be a **normal** part of healing.



WHY AM I BLEEDING?

During surgery:

- ✂ The uterus may be manipulated
- ✂ Instruments may pass through the cervix
- ✂ Pelvic tissues may become inflamed
- ✂ Hormones may temporarily fluctuate

♥ All of these factors can contribute to light bleeding or spotting.

WHAT TYPES OF BLEEDING CAN BE NORMAL?

Many patients experience:

- ✓ Light pink spotting
- ✓ Brown discharge
- ✓ Small amounts of red bleeding
- ✓ Intermittent spotting
- ✓ Bleeding that increases slightly with activity
- ✓ Bleeding that comes and goes

This often improves over time.

WHY IS THE BLOOD BROWN?

Brown blood is usually:

Older Blood

Brown discharge often means the body is clearing blood that has been sitting in the uterus or vaginal canal for a period of time.

This is commonly seen during recovery.

WHY DID MY BLEEDING INCREASE TODAY?

Many patients notice:

- ✓ Increased spotting after walking
- ✓ Increased spotting after climbing stairs
- ✓ Increased spotting after becoming more active

This may occur because activity increases circulation to healing tissues.

Reminder:

Activity-related spotting is often temporary.

WHAT ABOUT BLOOD CLOTS?



Small clots can occasionally occur during recovery.

However:

Large clots or heavy bleeding should be reported to your surgeon.

WHAT IF I HAVE NO BLEEDING?

Some patients experience: Spotting

Others experience: Very little bleeding

Others experience: No bleeding at all

♥ All of these experiences can be normal.

WHAT ABOUT VAGINAL DISCHARGE?

Some patients notice:

- ✓ Clear discharge
- ✓ Light yellow discharge
- ✓ Brown discharge
- ✓ Mild increase in vaginal moisture

Healing tissues often produce additional discharge during recovery.



WHEN SHOULD I CALL MY SURGEON?

Contact Your Surgeon Immediately If You Experience:

- ❗ Heavy bleeding soaking pads
- ❗ Severe pelvic pain
- ❗ Large blood clots
- ❗ Dizziness
- ❗ Foul odor
- ❗ Shortness of breath
- ❗ Fever
- ❗ Symptoms that concern you



HOW TO SUPPORT HEALING

- 🩹 Wear comfortable pads
- 🚿 Keep the area clean
- 💧 Stay hydrated
- 🚶 Continue gentle walking
- 🛏 Rest when needed
- ❤ Be patient with your body



IMPORTANT REMINDER

Healing Looks Different For Everyone



Some patients bleed.



Some spot.



Some have discharge.



Some experience almost nothing.

Your recovery does not need to look like someone else's.



♥ "Healing is not measured by the amount of bleeding.
Healing is measured by the recovery happening inside your body." ♥

UNDERSTANDING INCISION CARE & BRUISING AFTER SURGERY

What Is Normal Healing And When Should I Call My Surgeon?

"Do My Incisions Look Normal?"

Many patients become worried when they notice changes around their incision sites after surgery.

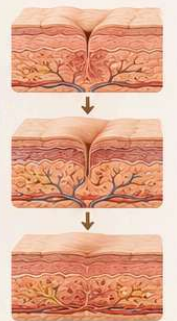
The good news:

Many incision changes are a normal part of healing.

During the first several weeks after surgery, it is common to experience:

- ✓ Bruising
- ✓ Swelling
- ✓ Tenderness
- ✓ Itching
- ✓ Firmness under the skin
- ✓ Mild redness immediately around the incision
- ✓ Color changes as bruising heals

These changes often improve with time.



Healing progresses in layers from the inside out.

WHY DO MY INCISIONS LOOK BRUISED?



During surgery:

- ✂ Small blood vessels are affected
- 🩸 Minor bleeding occurs beneath the skin
- ✂ Tissue is manipulated
- 🩹 The body begins rebuilding tissue

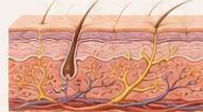
This can create bruising around the incision sites.

WHAT COLORS CAN BRUISING TURN?



Bruising often changes colors before it disappears. This is part of the normal healing process.

WHY DOES MY INCISION ITCH?



Itching is often a sign that healing is occurring.

As skin repairs itself:

- ✓ New collagen forms
- ✓ Blood vessels regenerate
- ✓ Nerves begin recovering

This can create temporary itching sensations.

WHAT IS THE FIRM BUMP UNDER MY INCISION?



Many patients notice:

- ✓ Small firm areas
- ✓ Thickened tissue
- ✓ Small lumps beneath the incision

This is often part of the body's healing response.

As scar tissue remodels, these areas often soften over time.

HOW SHOULD I CARE FOR MY INCISIONS?

- 🚿 Follow your surgeon's bathing instructions
- 🧻 Keep incisions clean and dry
- 👕 Wear loose comfortable clothing
- ✂ Avoid scratching
- 🚫 Avoid applying products unless approved by your surgeon
- 💧 Stay hydrated
- 🍲 Support healing with nutrition

WHAT IF SURGICAL GLUE IS PEELING?

Some patients have:

- ✓ Surgical glue
- ✓ Steri-strips
- ✓ Small dressings



As healing progresses:

- ✓ Edges may begin lifting
- ✓ Glue may peel
- ✓ Steri-strips may loosen

Always follow your surgeon's instructions regarding removal.

WHEN SHOULD I CALL MY SURGEON?

Contact Your Surgeon Immediately If You Notice:

- 🚨 Increasing redness spreading outward
- 🚨 Thick drainage
- 🚨 Pus
- 🚨 Fever
- 🚨 Severe swelling
- 🚨 Incision separation
- 🚨 Foul odor
- 🚨 Worsening pain around incision sites



SCAR HEALING TAKES TIME



Incisions may look healed on the outside long before healing is complete underneath the skin.

IMPORTANT REMINDER

Your Body Is Rebuilding Tissue Every Day

Every incision is:

- 🩸 Repairing blood vessels
- 🛡 Fighting infection
- 🧱 Building collagen
- 🧬 Creating new tissue

Healing is happening even when you cannot see it.



HOW TO SUPPORT SCAR HEALING

- 💧 Hydration
- 🍗 Protein
- 🥬 Nutrient-dense foods
- 🚶 Gentle movement
- ☀ Sun protection after healing
- ❤ Patience



MANY INCISION CHANGES ARE NORMAL



- ✓ Bruising
- ✓ Mild swelling
- ✓ Itching
- ✓ Firmness
- ✓ Color changes
- ✓ Mild tenderness

Healing does not always look perfect while it is happening.

"Every scar tells the story of healing, strength, and recovery."

RETURNING TO NORMAL ACTIVITIES AFTER SURGERY

When Can I Walk, Drive, Lift, Exercise, Travel, Work, and Have Sex Again?

"I Feel Better... But Am I Doing Too Much?"

One of the most common challenges after surgery is knowing how much activity is too much.

Many patients reach a point where they begin feeling better and wonder:

- ✓ Can I drive?
- ✓ Can I go grocery shopping?
- ✓ Can I work?
- ✓ Can I exercise?
- ✓ Can I travel?
- ✓ Can I have sex?

♥ The challenge is that feeling better does not always mean the body has fully healed.



THE RECOVERY ICEBERG

Above Water
"I feel better."

Below Water
Internal healing still occurring:

- ✓ Surgical sites
- ✓ Blood vessels
- ✓ Nerves
- ✓ Collagen remodeling
- ✓ Immune recovery

Many patients begin feeling significantly better before internal healing is complete. This is why pacing yourself remains important.

WALKING

The Best Early Exercise

Walking helps:

- ✓ Improve circulation
- ✓ Reduce gas pain
- ✓ Support digestion
- ✓ Reduce blood clot risk
- ✓ Improve energy

Walking Progression

Surgery Day:
Short walks around the home

↓

Week 1:
5-10 minute walks

↓

Week 2:
10-20 minute walks

↓

Weeks 3-4:
Gradually increase as tolerated

DRIVING



Many surgeons recommend waiting until:

- ✓ You are no longer taking narcotic pain medication
- ✓ You can brake suddenly without discomfort
- ✓ You feel alert and safe

Always follow your surgeon's recommendations.

LIFTING RESTRICTIONS

Heavy lifting too soon can place stress on:

- ✓ Healing incisions
- ✓ Internal surgical sites
- ✓ Repairing connective tissue



Follow the weight restrictions provided by your surgeon.

EXERCISE

WEEKS 1-2

- ✓ Walking
- ✓ Gentle movement
- ✓ Stretching approved by surgeon



WEEKS 3-6

- ✓ Gradual increase in activity
- ✓ Light exercise if approved



BEYOND 6 WEEKS

- Many patients gradually return to:
- ✓ Strength training
 - ✓ Running
 - ✓ Fitness classes
 - ✓ Sports



Always follow your surgeon's guidance.

WORK



Returning to work varies greatly based on:

- ✓ Type of surgery
- ✓ Extent of excision
- ✓ Physical demands of job
- ✓ Individual healing

Some patients return earlier.

Others require additional recovery time.

TRAVEL



Long periods of sitting may increase:

- ✓ Stiffness
- ✓ Swelling
- ✓ Fatigue

When traveling:

- ✓ Stay hydrated
- ✓ Walk frequently
- ✓ Move your legs regularly

SEXUAL ACTIVITY



This is one of the most common questions patients have. Healing tissues need time to recover. Many surgeons provide specific guidance regarding when vaginal intercourse can safely resume.

Always follow the timeline provided by your surgeon.

LISTEN TO YOUR BODY

Your body may tell you that you did too much if you experience:



Increased pelvic pain

Increased spotting

Fatigue

Swelling

Increased soreness

When this happens:

- ✓ Slow down.
- ✓ Rest.
- ✓ Hydrate.
- ✓ Allow recovery time.



IMPORTANT REMINDER

Recovery Is Not A Competition

Some patients recover faster.
Some recover more slowly.
Neither is right or wrong.

Your healing journey is your own.



HOW TO SUPPORT SAFE RECOVERY



Hydration

Protein

Daily walking

Rest

Stress reduction

Patience

Contact your surgeon when unsure



JUST BECAUSE YOU FEEL BETTER DOESN'T MEAN HEALING IS FINISHED

Many important healing processes continue for weeks and months after surgery.

Be patient with your body.

"Recovery is about progress, not perfection."

THE EMOTIONAL SIDE OF HEALING AFTER SURGERY

Why Recovery Can Feel Like A Roller Coaster

*"I Thought Surgery
Would Fix Everything...
Why Am I So Emotional?"*

One of the least discussed parts of recovery is the emotional healing that happens after surgery.

Many patients expect physical recovery.
What often surprises them is the emotional recovery.

You may experience:

- | | |
|---------------|------------------------------|
| ✓ Relief | ✓ Sadness |
| ✓ Gratitude | ✓ Mood swings |
| ✓ Hope | ✓ Fear of symptoms returning |
| ✓ Anxiety | ✓ Feeling overwhelmed |
| ✓ Frustration | |

All of these emotions can be normal.



WHY AM I FEELING SO EMOTIONAL?



Many women with endometriosis have spent years living with:

- Chronic pain
- Medical trauma
- Dismissed symptoms
- Missed life events
- Exhaustion
- Fear of not being believed

Surgery removes disease.
But healing from the journey takes time.

YOUR NERVOUS SYSTEM IS RECOVERING TOO



For years your body may have lived in:

FIGHT OR FLIGHT

Your nervous system learned to anticipate:

- Pain
- Flare-ups
- Appointments
- Procedures
- Disappointment

After surgery, your nervous system begins adjusting to a new reality.
This process can feel emotional.

GRIEF CAN BE PART OF HEALING



Some patients grieve:

- Years lost to symptoms
- Missed opportunities
- Delayed diagnosis
- Relationships affected
- Fertility challenges
- The person they used to be

Grief does not mean you are ungrateful. It means your experience mattered.

IT IS NORMAL TO HAVE GOOD DAYS AND HARD DAYS



Healing is rarely a straight line.
Recovery often moves forward in waves.

YOU MAY FEEL DIFFERENT THAN EXPECTED

- ✓ Some patients feel:
• Better immediately
- ✓ Others feel:
• Better slowly
- Others feel:
• Unsure at first

All of these experiences can be normal.

WHAT HELPS EMOTIONAL RECOVERY?



THINGS YOU MAY NEED TO HEAR

*You are not lazy.
You are not weak.
You are not behind.
You are healing.*

*You do not need to earn rest.
You do not need to prove your pain.
You do not need to recover perfectly.*

WHEN SHOULD I SEEK ADDITIONAL SUPPORT?

Consider speaking with your healthcare team if you experience:

- 1 Persistent depression
- 1 Severe anxiety
- 1 Panic attacks
- 1 Difficulty coping
- 1 Feelings of hopelessness
- 1 Emotional symptoms interfering with daily life



IMPORTANT REMINDER

Healing Is More Than Physical



All are important.

THE ELYSARA RECOVERY MESSAGE

*Recovery Is Not About
Becoming Who You Were Before*

Recovery is about giving yourself the opportunity to become who you were always meant to be without chronic pain controlling your life.



*You Are
Healing.
One Day
At A Time.*

"Be patient with yourself. You have survived a journey most people will never fully understand."



ELYSARA
MEDICAL & WELLNESS



You Did Something Brave



If you are reading this, you have already accomplished something remarkable.

You made the decision to advocate for yourself.

You trusted your instincts.

You pursued answers.

You faced surgery.

*And now you are beginning
the next chapter of healing.*



REMEMBER THIS

Healing is not measured by:

- ✗ How quickly you recover
- ✗ How much you accomplish
- ✗ How soon you return to normal
- ✗ Comparing yourself to others

Healing is measured by:

- ✓ Progress
- ✓ Patience
- ✓ Consistency
- ✓ Self-compassion
- ✓ Allowing your body the time it needs

WHAT WE HOPE YOU TAKE WITH YOU



Rest is part of treatment.



Small walks matter.



Hydration matters.



Nutrition matters.



Mental health matters.



Emotional healing matters.



Your symptoms matter.



Your story matters.

YOUR BODY HAS BEEN THROUGH A LOT

For many women, endometriosis is not simply a disease. It can affect:

- The nervous system
- The immune system
- Hormones
- Digestion
- Sleep
- Relationships
- Careers
- Fertility
- Mental health
- Quality of life



Recovery is not simply healing from surgery.

Recovery is learning to trust your body again.

THE ELYSARA PHILOSOPHY

At Elysara, we believe surgery is often one of the most important steps in the journey.

But surgery is not the finish line. True healing involves supporting the whole person:

- 🌿 Physical Healing
- 🧠 Emotional Healing
- ⚡ Nervous System Healing
- ❤️ Lifestyle Healing
- 🌱 Long-Term Wellness

Every patient's journey is unique. Our goal is to help close the gap between surgery and long-term healing.

WHEN IN DOUBT

Always contact your surgeon or healthcare provider if:

- ✓ Something does not feel right
- ✓ Symptoms worsen
- ✓ You have concerns
- ✓ You need reassurance



You never have to navigate recovery alone.



ON THE DAYS THAT FEEL HARD

Please remember:

**You are not behind.
You are not failing.
You are not weak.
You are not lazy.
You are healing.**

And healing takes time.



THE NEXT CHAPTER

As your recovery continues:

- ★ Celebrate the small victories.
- ❤️ Honor the difficult days.
- 🌱 Trust the process.
- 🧘 Be patient with yourself.
- ☀️ Allow healing to unfold one day at a time.



FROM ALL OF US AT ELYSARA

Thank You For Allowing Us To Be Part Of Your Journey



We see
your strength.



We honor your
experience.



We believe
your symptoms.



We believe your
healing matters.



And we are
cheering for you
every step of
the way.



*"Healing does not mean the journey never happened.
It means the journey no longer controls where you are going."*



ELYSARA

Closing The Gap Between Surgery And Long-Term Healing

