

GEM PATIENT EDUCATION CENTER

After Endometriosis Surgery: Warning Signs & When to Call

Version 1.1 · Reviewed 13 September 2026

Most patients recover without serious problems. Knowing what is expected – and what is not – can help you get care quickly if a complication develops.

EMERGENCY: CALL YOUR LOCAL EMERGENCY NUMBER

Call for chest pain, sudden or severe breathing difficulty, collapse or fainting, confusion, uncontrolled bleeding, or rapidly worsening weakness. A very fast heartbeat needs immediate emergency assessment. Do not wait for your surgical team to call back.

URGENT: SEEK ASSESSMENT NOW

Get urgent help for fever of 38 °C (100.4 °F) or higher, shaking chills or feeling increasingly unwell; severe or worsening pain; repeated vomiting or inability to drink; increasing abdominal swelling; difficulty passing urine; heavy bleeding; a painful, swollen, hot or red leg; coughing up blood; or new breathlessness. Contact your team now. If prompt assessment is unavailable, go to an emergency department. Leg symptoms with chest pain or breathlessness require emergency action.

SAME DAY: CONTACT YOUR SURGICAL TEAM

Ask for advice about an opening wound, spreading redness or pus, painful urination, unusual discharge, or persistent new bowel symptoms. If symptoms are severe, worsening, or occur with the warning signs above, seek urgent assessment now.

What can be normal?

Mild soreness, tiredness, bloating, light spotting and temporary gas-related shoulder discomfort may occur. These should generally improve. New, severe or worsening symptoms need assessment.

Your operation and discharge plan

Recovery differs after limited and complex surgery. Follow your team's specific instructions and keep daytime and out-of-hours contact details. The discharge plan must not delay emergency care. This is general education; the warning list is not exhaustive.

GEM KEY MESSAGE

If recovery is moving in the wrong direction, get help. Use the action above that matches the severity of the symptoms.

Evidence & review

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Act according to severity

The front page distinguishes emergency action, urgent assessment now and same-day advice. Severe or rapidly worsening symptoms take priority over a routine appointment or callback. The warning list is not exhaustive.

Different operations, different recovery

Bowel, bladder, ureter or other complex surgery may need additional instructions. Before discharge, obtain daytime and out-of-hours contacts, understand medication and activity instructions, and ask which operation-specific changes need assessment.

How the sources were used

The directly inspected NHS and UCLH patient pages support the revised escalation advice. This guide uses general terms such as local emergency number because GEM readers may live in different countries.

Medical information

Seek urgent or emergency assessment for severe or rapidly worsening symptoms.

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Full references

Numbers correspond to the sources cited in this revised guide. Access notes distinguish relevant full-text inspection from abstract-only checks. No source is presented as an endorsement of GEM.

- **[1]** University College London Hospitals. Preparing for gynaecology surgery and your recovery. Updated 27 August 2026.
Verification: Full relevant patient-information sections inspected.
Freely available — <https://www.uclh.nhs.uk/patients-and-visitors/patient-information-pages/preparing-gynaecology-surgery-and-your-recovery>
- **[2]** NHS. Laparoscopy (keyhole surgery). Reviewed 20 December 2023.
Verification: Full patient page inspected.
Freely available — <https://www.nhs.uk/tests-and-treatments/laparoscopy/>

This material is for educational purposes only and does not constitute medical advice or create a clinician-patient relationship with GEM.

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