

After Your Ovarian Vein Embolization - Coiling ± Onyx

What was done

Dr Werner-Gibbings closed off the enlarged pelvic vein(s) contributing to your pelvic congestion syndrome using small metal coils and, if needed, a liquid embolic agent (Onyx).

This redirects blood flow away from the congested veins and reduces the pressure causing your pelvic pain.

What to Expect in the First Few Days

- Mild to moderate pelvic or lower abdominal cramping is common for 3–7 days as the treated veins close off — this is a normal part of healing, not a sign something is wrong.
- Bruising, tenderness, or a small firm lump at the puncture site (groin, wrist, or arm) is normal and should gradually improve.
- Low-grade tiredness or mild fever (under 38°C / 100.4°F) for a day or two can occur as the body responds to the treated veins.
- Some patients notice their pain feels slightly worse for the first week before it starts to improve — full symptom relief can take several weeks as the veins fully close.

Caring for Your Puncture Site

- Keep the dressing clean and dry for 24 hours, then you may shower (avoid baths or swimming, for one week).
- Avoid heavy lifting (more than 5 kg / 10 lb), strenuous exercise, and vigorous activity for 1–2 weeks, or as advised by the care team.
- Avoid driving for 24 hours, or longer if you received anaesthetic and are still feeling drowsy.
- It's normal to see a small bruise expand slightly over the first day or two — this should stop growing and start fading after that.

Managing Discomfort

- Take paracetamol/acetaminophen or the pain relief recommended by your care team as needed.
- A heat pack on your lower abdomen can help ease cramping.
- Rest when you need to, but gentle walking is encouraged and helps reduce the risk of blood clots.

Contact your care team promptly if you notice:

- Fever over 38.5°C (101.3°F), or fever with chills
- Increasing redness, warmth, swelling, or discharge from the puncture site
- Significant swelling, bruising, or a growing lump at the puncture site
- Pain that is severe or getting worse rather than improving
- Numbness, tingling, or colour change in the leg or arm used for access

Seek emergency care immediately if you have:

- Sudden, severe abdominal or pelvic pain
- Heavy vaginal bleeding
- Shortness of breath or chest pain
- Fainting, dizziness, or a rapid heartbeat
- Signs of heavy bleeding from the puncture site that does not stop with firm pressure

Follow-Up

- A follow-up appointment with imaging will usually be arranged for 2–6 weeks after your procedure to check how well the veins have closed and how your symptoms are settling.
- Keep a note of your pain levels over the following weeks — this helps your doctor assess how well the treatment is working.
- Most patients notice gradual improvement in pelvic pain and heaviness over 4–8 weeks, though this varies from person to person.

Questions after your procedure?

Please contact your Dr Werner-Gibbings team with any concerns, day or night.

Work hours: Contact the clinic where you see Dr Werner-Gibbings

After-hours: Contact the Mater Hospital and ask to be put through to Dr Werner-Gibbings - **(02) 9900 7300**

This handout is general information and does not replace advice from your own doctor. If in doubt, or if you feel unwell, contact your care team or seek medical attention.