



## Post-operative Patient Instruction:

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### **Dilatation & Curettage (D&C), Hysteroscopy, Endometrial Ablation**

1. You will find that you have completely forgotten what we told you we found, due to the effects of anesthesia. Even though your family or friend with you has seen a picture or drawing to help you remember, the doctor wants to talk to YOU about it. A post-operative check-up 2-3 week after your procedure should be scheduled with the doctor who performed your surgery.
2. You should expect to have some mild bleeding or spotting and possibly some mild uterine cramps. In addition, you may have watery vaginal discharge.
3. If your surgery was related to pregnancy, the next period should be expected in 4-6 weeks. If you haven't started a period by 8 weeks, call the office to speak to your doctor.
4. Do not put anything in the vagina until your follow-up visit (i.e. tampons, intercourse, douching).
5. The effects of anesthesia can last 24-48 hours. DO not drive, operate dangerous machinery, sign any legal documents or make any important decisions during this time.
6. All other normal activities may be resumed after 24-48 hours, including exercise.
7. Advil or Motrin is best used for cramping, while Tylenol can be used for other types of pain. Avoid aspirin use.
8. Baths, swimming and hot-tubs are permitted if bleeding and discharge are minimal.
9. If you have a fever over 101 F, or experience severe abdominal pain, heavy bleeding (saturating a pad every hour), painful urination, unrelenting vomiting or have a malodorous discharge, call the office immediately.

### **For LEEP, Cryosurgery Cold Knife Conization of Cervix**

All of the above apply except:

Put nothing in the vagina for 1 month.

Your check-up should be scheduled 4 weeks after your procedure.

