

D&C/Hysteroscopy Post Operative Instructions



D&C (dilation and curettage), as well as hysteroscopy, are a common procedures performed on many women each year. We strongly encourage you to review and adhere to the following post operative instructions following your procedure.

After your surgery, please expect to feel tired or even sleepy. The anesthesia can make you feel drowsy for the first 24 hours. You should plan on lying down and stay home. You should be able to drink liquids and eat shortly after the procedure.

You will experience cramping and bleeding for several days. You may take ibuprofen (800mg every 8 hours) or acetaminophen (2 extra-strength tablets every 4 hours) for a day or so. You should feel much better by then. We may prescribe narcotic pain medication if needed.

Please refrain from douching, tampon use, tub baths or sexual intercourse for one week following this procedure or you may risk developing an infection. Otherwise, you may resume your normal activity within a day or two.

Please call for a post-operative check up in 3 to 4 weeks. At that time, you will further discuss the findings and pathology from the surgery if we have not already called you with the results. Also, we will discuss follow up plans.

Please call the office if you develop any of the following:

- Temperature over 101 degrees
- Severe, persistent abdominal pain
- Heavy, persistent vaginal bleeding

These are symptoms require medical attention and should not be ignored.

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