

Hysteroscopy, Dilation and Curettage and Endometrial Ablation

You can expect a phone call to discuss your results

- 1 week after surgery
- If you do not receive a call within one week, please call our office and ask for your pathology results

Call if you experience:

- Fever > 100.4 degrees
- Shortness of breath
- Heavy vaginal bleeding (saturating 2 pads/hr)
- Severe or worsening pain
- Persistent nausea and vomiting

Monday-Thursday 9AM-4PM call [\(907\) 586-1717](tel:9075861717)

After hours call [\(907\) 796-8913](tel:9077968913)

Dilation and Curettage and various types of hysteroscopic procedures are performed on an outpatient basis in the operating room; all involve threading instruments through the cervix to diagnosis and/or treat various problems. These are typically very safe and effective procedures with few complications.

- You will need to arrange for someone to drive you home after the procedure
- No alcohol for 24 hours
- Start off with clear liquids and advance your diet as tolerated to a regular diet

HOW MUCH ACTIVITY CAN I DO AFTER SURGERY?

- No driving the day of your procedure or while taking narcotic pain medications
- You should be back to normal activity in 48 hours

WHEN CAN I RESUME SEX?

- Intercourse should be avoided for 2 weeks

WHEN CAN I TAKE A SHOWER?

- You may shower at any time after the procedure; however, you should avoid tub baths until you no longer have vaginal bleeding or vaginal discharge.

HOW LONG WILL I HAVE BLEEDING AFTER SURGERY?

- Spotting, vaginal bleeding and discharge may occur for 3-4 weeks
- Discharge often starts out as bright red, then becomes dark red, brown and then may be clear to yellow prior to resolving
- Use only pads, not tampons, until your bleeding and discharge resolves
- Call the office if you have heavy bleeding which saturates more than two pads in 1 hour or a bad-smelling vaginal discharge

HOW SHOULD I MANAGE MY PAIN AFTER SURGERY?

- **Ketorolac** is a strong anti-inflammatory (non-narcotic) pain medication that should be taken every 6 hours for 72 hours. If you are still having crampy pelvic pain beyond 72 hours, you may take Ibuprofen 600 mg every 6 hours. You should not take any additional ibuprofen, naproxen or aspirin while taking the ketorolac.
- **Codeine/acetaminophen** is for break through pain. You can take one to two tabs every 4 hours or 2 tabs every 6 hours. Do not drive, operate machinery, or make important decisions while taking this medication.