

## Postoperative Instructions Hysteroscopy, Dilation and Curettage, and Endometrial Ablation

You will need an appointment:

- 1 week after surgery

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:(907)586-1717)

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

**Dilation and Curettage** and various types or 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, 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 1-2 weeks

### WHEN CAN I TAKE A SHOWER?

- You may shower at any time after the procedure

### 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 foul-smelling vaginal discharge

### HOW SHOULD I MANAGE MY PAIN AFTER SURGERY?

- **Ibuprofen** 600 mg every 6 hours is best for the crampy pain that is usually experienced
- **Codeine/acetaminophen** is for break through pain. You can take one tab every 4 hours or 2 tabs every 6 hours. Do not drive, operate machinery, or make important decision while taking this medication.