

## Hysteroscopy with Dilation and Curettage

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 Hysteroscopy**

involves first stretching the opening of your cervix enough to allow a camera to be inserted into the uterus (hysteroscopy). This process may involve inserting different types of instruments into the uterus to correct abnormalities. Curettage is a process of scraping the endometrium (lining of the uterus) to treat or diagnose a medical condition. These procedures are performed at same day surgery, meaning you go home shortly after the procedure. 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
- You should be back to normal activity in 24-48 hours

### **WHEN CAN I RESUME SEX?**

- Intercourse should be avoided for 1-2 weeks or until you stop spotting/bleeding.

### **WHEN CAN I TAKE A SHOWER?**

- You may shower at any time after the procedure; however, you should not take tub baths or swim until your bleeding has resolved

### **HOW LONG WILL I HAVE BLEEDING AFTER SURGERY?**

- Spotting or vaginal bleeding may occur for 3-5 days
- Discharge may last 3-4 weeks if you had a fibroid or polyp removed.
- Use only pads, not tampons, until your bleeding resolves after the procedure
- Call the office if you have heavy bleeding which saturates more than 2 pads in 1 hour or a bad-smelling vaginal discharge is present.

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

- **Ibuprofen** 600 mg every 6 hours is best for the crampy pain that is usually experienced
- **Tylenol** is also acceptable