



POST-OPERATIVE INSTRUCTIONS

DILATION AND CURETTAGE, ENDOMETRIAL ABLATION, HYSTEROSCOPY

1. Things to expect:
 - a. Arrange transportation following procedure. You may resume driving when you no longer require strong pain medication (narcotics). Do not drive, operate potentially dangerous machinery, sign legal documents or make critical decisions the day of your procedure or while taking narcotic pain medications.
 - b. Light vaginal bleeding and vaginal discharge are part of normal healing processes (this can last up to 2-4 weeks).
 - c. Cramping and pelvic discomfort following the procedure. The use of a heating pad on your lower abdomen can help reduce discomfort, along with Tylenol and NSAIDs over the counter as needed.
 - d. Constipation may be managed with laxatives, suppositories, and stool softeners.

2. Things to call about:
 - a. Temperature of 100.4 or above (take your temperature if you feel hot or have chills).
 - b. Bleeding that is heavier than a menstrual period (soaking a sanitary pad in less than one hour).
 - c. Severe abdominal aching or sharp pains (some abdominal and pelvic discomfort is expected).

3. Activities:
 - a. No douching, tampons, or intercourse for two weeks following the procedure.
 - b. No swimming, but you may shower or take tub baths.
 - c. Resume activities slowly and rest when you recognize the symptoms of fatigue.
 - d. Exercise as you can tolerate.

4. Return visit:

An appointment to see your physician in approximately 2 weeks is needed. Call our office (816-478-0220) if an appointment is not already scheduled.