

Ob-Gyne Associates of Libertyville

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Instructions for Patients After A Dilatation and Curettage (D&C) and/or Hysteroscopy

What special care will I need after my surgery?

Rest:

- You will need extra rest, especially for the first 12-24 hours. You may be slightly groggy or nauseous due to the anesthesia used during your procedure.

Pain Medications:

- Ibuprofen (Advil[®]/Motrin[®]) 600 mg every 6 hours as needed. This dosage is the same as taking 3 over-the-counter (200mg) ibuprofen tablets.

Other Supplements:

- If you were anemic prior to your surgery, we recommend that you take an iron supplement. Most over the counter iron supplements (such as Slow Fe) will suffice.
- If you are attempting to get pregnant in the near future, we recommend that you continue or start prenatal vitamins at least 2 months prior to attempted conception. Folic acid in prenatal vitamins has been shown to decrease the risk of birth some birth defects, including neural tube defects (such as spina bifida) and congenital heart defects.

Bleeding and discharge:

- You will continue to have vaginal bleeding and discharge after your procedure. The bleeding will be variable, depending on the procedure that you had. It usually will not last more than a week.
- If you had an endometrial ablation (Novasure[®], ThermaChoice[®], or Hydrothermal Ablation[®]), you may have a watery discharge that could last for 2-4 weeks.

When can I start doing normal activities?

Exercise:

- You may resume your normal activities after 24 hours, or when you feel up to it.

Driving:

- You should avoid driving a motor vehicle until the effects of the anesthesia used during your procedure have worn off. This is usually 24 hours. If you are using stronger pain medication (i.e., narcotic pain medication), you should avoid driving until you no longer require the stronger pain medication.

Sex:

- You should abstain from intercourse for approximately 2 weeks after surgery.

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When will my period start again?

After D&C for a miscarriage:

- Usually your first period will occur within 4-6 weeks of the D&C
- We recommend you wait at least 2 normal menstrual cycles after a D&C for a miscarriage before trying to conceive again.

After an endometrial ablation:

- Approximately 30-50% of patients will no longer have periods again after an ablation procedure. Most other patients will have lighter menses, which should resume on schedule, usually within 4 weeks.

After a hysteroscopic procedure for any other reason:

- Your period should resume within 4 weeks or at its normally scheduled time.

When should I return for a checkup?

- Generally, it is recommended that you return to the office for a post-operative check-up within 1-2 weeks of surgery.

Under what other circumstances should I call the office?

- You have a fever over 100.4 °F
- You have unusual abdominal or genital pain.
- You are bleeding through more than 1 pad per hour.
- The discharge from your vagina has a foul odor.
- You pass blood clots the size of a plum or larger.
- You are unable to empty your bladder, or you feel a burning pain when you urinate.
- Your legs are tender or red.

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