

Discharge Instructions: Hysteroscopy with Dilation & Curettage (D&C)

What To Expect

As a result to your procedure today, you may have:

- crampy, pelvic pain
- abdominal pain or soreness
- watery vaginal discharge
- light vaginal spotting

Wound Care

- You may shower or bathe the day after surgery.

Restrictions

- Absolutely nothing in the vagina (sex, douching, tampons) for 6 weeks.
- You may resume all normal activity the day after surgery.

Pain Control

- Ibuprofen (Advil®/Motrin®) and acetaminophen (Tylenol®) are over-the-counter pain medicines that work very well for pain control. Please take as directed on the bottle.
- **The maximum daily dose of acetaminophen is 4000 milligrams.** Check all medication labels. Acetaminophen may be an ingredient in over-the-counter and prescription medications.
- You can take 600 mg of ibuprofen (Advil®/Motrin®) every 6 hours or 800 mg every 8 hours. Please take it with food and a tall glass of water.

Diet

- You may resume your previous diet. We recommend you begin with lighter foods and if that does not upset your stomach, progress to a regular diet.

Call Us If...

- you have excessive vaginal bleeding (saturate more than one peri pad per hour)
- you vomit whenever you try to eat or drink
- you have severe abdominal pain that is not relieved with pain medications
- you have a fever greater than 100.4°F (38°C) or a fever with chills
- you have swelling, numbness, or discoloration in your arm(s) or leg(s)

Follow Up Care

- You should be scheduled for a follow up appointment in the clinic about 2-4 weeks after surgery.
- You will receive the final pathology report at this visit and discuss any further recommendations or treatments.
- Since this appointment is very important, please contact the GYN clinic if you do not have one scheduled or if you need to change the date and/or time.

Questions or Concerns

If you have any questions or concerns, please contact the GYN clinic at **716-845-5855** between the hours of 8:00 a.m. and 5:00 p.m. on weekdays. Nights, weekends, and holidays, please call **716-845-2300** and the Call Center staff will assist you.