

**HYSTEROSCOPY/D&C POST OPERATIVE INSTRUCTIONS**

1. You may expect scant to moderate vaginal bleeding for even up to three to four weeks. Use regular pads, not tampons during this time.
2. For abdominal discomfort, use your prescribed pain medication or Advil, Aleve, or Tylenol as directed. You may also use a heating pad set on low as needed.
3. You may shower, walk and do light activity the first 24 hours. You may resume regular work when you feel up to it. (usually 1-2days) Avoid heavy lifting or long periods on your feet, especially the first week
4. You should not douche, use tampons, or have intercourse for two weeks following this procedure.
5. You should not take a tub bath, go swimming, or use a hot tub for three weeks following this procedure.
6. Please call the office to schedule your post operative appointment (2-3 weeks) if not already scheduled.
7. Please call the doctor if your experience any of the following:

\*Fever over 100.4 or chills

\*difficulty with urination

\*heavy bleeding of greater than 1 sanitary pad per hour

\*foul odor or vaginal discharge

\*any problems or concerns