

Post In-Office Procedure Instructions

Please read the following for information as to what to expect and do after your procedure.

Discomfort: It will be normal for you to experience uterine cramping for the next 24-48 hours. We recommend that you take Ibuprofen (Advil or Motrin) 800mg every 6 hours for the first 24-48 hours after your procedure. You may start this medication 6 hours after your procedure as we will give you a form of this medication during your procedure. Take any other prescribed medications as directed. Additionally a heating pad to the abdomen can provide relief.

Vaginal Discharge: It is expected for you to have vaginal bleeding and discharge for up to a week to 10 days post procedure.

If you are having to change your pad every hour and or passing clots larger than a golf ball please call us right away. If you feel that you are bleeding excessively and you need immediate attention please present to the nearest emergency room. This is not expected but can be a complication.

You may resume sexual intercourse as your physician has instructed or once your discharge has stopped.

Fever: Infection is a possible complication of this procedure. If you feel like you have a fever or chills, please take your temperature. If greater than 101 give us a call. If you have a low grade fever, remember to increase your fluid intake and re-check as necessary.

You will be scheduled for a follow-up appointment after your procedure for approximately 2 weeks.

If you have any questions please call us at 432-5858.

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