



After Your Hysteroscopy / D&C (Dilation & Curettage): Expectations and Instructions

The information below will answer your questions and serve as a useful guide as you recover from your hysteroscopy / D&C. We wish you a quick and healthy return to your normal lifestyle!

1. **DIET:** Eat a well-balanced diet and drink plenty of fluids.
2. **ACTIVITY:** The afternoon and evening of your surgery, you may spend most of your time resting in bed or on the couch, but you should also get up several times and move around the house. Beginning the day after surgery, you can return to all of your usual activities, except for exercise. However, you should let your body be the guide, and avoid things that make you overly tired or cause too much pain.
 - a. **Driving:** May begin the day after surgery, if your pain is well-controlled
 - b. **Exercise:** May be resumed three to five days after surgery, but please start slow; plan to work back up to your usual routine over two to three days
3. **HYGIENE:** Showers are permitted immediately, but you should not take a bath for 3-5 days. Please avoid tampons for one week. Douching is not recommended.
4. **VAGINAL BLEEDING and DISCHARGE:** It is normal to have menstrual-like bleeding for 1 to 2 weeks after surgery. You may also have a white, yellow, brown, or pink vaginal discharge, that may be mixed with small streaks of blood, for 3 to 4 weeks after surgery.
5. **SEX:** Please wait one week before you resume sexual intercourse, and use an effective birth control method until your follow-up visit. Condoms are also recommended if you have any concern you may be at risk for a sexually-transmitted disease.
6. **PAPERWORK:** Please ensure that any insurance papers and/or medical leave documents are submitted to our office immediately so that we can complete them for you in a timely manner.
7. **FOLLOW-UP:** Please call the office now to schedule a postoperative check-up for 2 to 4 weeks from the date of your surgery. At this visit, your physician will review your recovery to date, go over your surgical pathology results (if relevant), and answer any questions you may have.
8. **WHEN TO CALL:** Please call the office if:
 - a. You saturate one pad per hour for two hours in a row, or you pass clots larger than the size of a tennis ball
 - b. Your pain is severe despite taking ibuprofen (Motrin) 600mg every 6 hours and acetaminophen (Tylenol) 650mg every 6 hours
 - c. You have a fever of >100.4F or >38C that persists for 4 to 6 hours
 - d. You have severe nausea and vomiting with inability to keep down liquids
 - e. You have foul-smelling vaginal discharge
 - f. You have concerns or questions that cannot wait until your follow-up visit