Instructions After Hysteroscopy/Dilation and Curettage,

removal of fibroids or polyps in the uterus

**Activity**

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* After the procedure, you will probably be able to go home within a few hours.
* If you had general anesthesia, you may have some nausea and vomiting when you wake up. You may

feel groggy and weak for a short while.

* You will need someone to take you home.
* You should be able to resume most of your regular activities in 1 or 2 days. To help recovery and aid

your well-being, resume daily activities, including work, as soon as you are able.

* Resume driving in 1 or 2 days.
* Sexual relations may be resumed in 2 weeks.
* You may have regular foods as tolerated. A well-balanced diet promotes healing.
* Shower as usual. No tub baths for 10 days.
* Call the office if you notice purulent or foul-smelling vaginal drainage.
* Use sanitary napkins—not tampons—to absorb vaginal blood or drainage. No douching.
* Expect slight vaginal bleeding during recovery from your procedure. This may last for several days.
* After a D&C, a new lining will build up in the uterus. Your next menstrual period may not occur at the

regular time. It may be early or late.

**Pain**

* You may experience some mild cramping after your procedure.
* Prescription pain medication should generally only be required for 2 to 7 days following the procedure.

You may use nonprescription drugs, such as acetaminophen or ibuprofen for minor pain.

* DO NOT DRIVE AFTER TAKING PRESCRIPTION PAIN MEDICATION!!

**Notify our office if any of the following occurs:** Increased abdominal pain.

* Pain or burning with urination or frequent urge to urinate.
* Vaginal bleeding that soaks more than 1 pad per hour.
* Vaginal discharge that persists longer than 1 month or has a foul odor.
* Fever greater than 100.6
* Nausea, vomiting, or inability to have a bowel movement.
* Headache, muscle aches, dizziness or a general ill feeling.
* Shortness of breath, calf pain, or swelling in your extremities.

**If you do not currently have a post-op appointment scheduled, please call the office to schedule a visit for approximately 2-3 weeks after your date of surgery**

**6301 Executive Blvd Rockville MD 20852**

**301.770.4967 301.770.3206 (f)**