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POST OPERATIVE INSTRUCTIONS for Hysteroscopy and/or D & C

1. THINGS TO EXPECT:
 - a. Slight to moderate bleeding for first 2 to 3 days and some spotting thereafter is not unusual.
 - b. Some increase in bleeding at 10 to 14 days, if a clot is formed on the inside of the uterus. This may not happen and should be of no concern if it does or does not occur.
 - c. Slight cramping and lower abdominal tenderness.

2. THINGS TO CALL ABOUT:
 - a. Temperature of 100.4 or above. Take your temperature if you feel warm or have chills.
 - b. Bleeding that is heavier than a menstrual period. (Soaking more than one sanitary pad in less than an hour.)
 - c. Abdominal aching or sharp pain. (Occasional menstrual cramps are normal.)

3. ACTIVITIES:
 - a. No douching, tampons or intercourse until after your post-operative examination at my office.
 - b. No swimming but you may shower, take a tub bath, and wash your hair.
 - c. Resume activities slowly and rest when you recognize the symptoms of fatigue.
 - d. You may usually return to full activity 3 – 5 days after surgery.
 - e. Anesthesia department stipulates no driving until 24 hours after receiving the anesthetic.

4. RETURN VISIT: Call the office for an appointment to see me in one to two weeks.