Dilation and Curettage and various types of hysteroscopic procedures are performed on an outpatient basis in the operating room or in the office. All involve threading instruments through the cervix to diagnose and/or treat various problems. These are typically very safe, effective procedures with few complications.

**POST OPERATIVE INSTRUCTIONS:**

You must arrange for someone to drive you home after your procedure.

Expect to have some spotting or vaginal bleeding for 3-5 days. The discharge may last 3-4 weeks after an endometrial ablation or hysteroscopic resection. You should not have any heaving bleeding and the discharge should slowly taper off. If it increases, or your pain increases instead of improving, please call the office.

Avoid using tampons or douching and only use pads until the discharge stops.

Avoid sexual intercourse for 2 weeks after surgery.

Resume normal activities as soon as you feel comfortable, usually in 24-48 hours.

Tylenol, Motrin, Advil, or Aleve may be used for any discomfort as directed on the bottle. Usually there is some cramping for up to 48 hours with an endometrial ablation; take pain medication as directed by your doctor.

Resume a normal diet as tolerated. You may feel like eating light meals only the day of surgery.

Please remember your follow up appointment in 2-4 weeks.

**PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS:** 954-659-5559