



## **Hysteroscopy, Endometrial Ablation and Dilation and Curettage (D&C) Post-Operative Instructions**

These procedures are performed for a variety of reasons. We hope these instructions will serve as a guide to understanding your postoperative care.

Following your procedure you will be discharged from the postoperative recovery area as soon as your physician and the nursing staff are satisfied that your condition is stable. Please read the following instructions and save them for easy reference during your recovery period at home.

As with all surgical procedures, there are normal changes that your body experiences during recovery. You should be able to return to your usual activities very quickly, as most symptoms are very mild and brief. Fatigue (tiredness) is frequent and may last a few days. Adequate rest, especially on the evening of surgery is necessary. Many women will experience some cramps in the lower abdomen that are very similar to cramps related to the menstrual period. There will also usually be some degree of bleeding afterwards ranging from flow like a normal period to only a small amount of pink or red discharge. Occasionally, the bleeding may be intermittent, stopping completely then resuming once again.

After an endometrial ablation, it is very common to experience stronger cramping. This typically lasts the day of surgery and may continue for 1–2 days. As with the hysteroscopy with D&C, most patients will have some vaginal bleeding for up to 1–2 weeks. You will also likely have a watery vaginal discharge for approximately 2 weeks, but sometimes up to a month.

We generally recommend that you avoid tampons, douching or intercourse until the bleeding has completely stopped. If you should notice discomfort, Tylenol or Ibuprofen (Advil, Motrin, Nuprin) is recommended. Showers or baths are not restricted and you may resume all regular activities when you feel that you are back to normal. Your general sense of well-being should be your guide.

Please call us immediately (at 668-8400) if you develop:

1. Problems that seem quite different than expected.
2. Severe pain in the abdomen that is continuous.
3. Unusually heavy vaginal bleeding.
4. Fever great than 100.4 for four hours.
5. Fainting.

Normally you will be seen in the office for a follow-up appointment after your surgery. The findings related to the procedure will be reviewed and treatment plans may be discussed. If this appointment has not already been arranged please call as soon as possible to make this “post-op appointment” approximately one to two weeks after your procedure.

It is the hope of the professional staff at Bedford Commons OB-GYN that your surgical experience has not been unduly stressful and that your recovery will be rapid and uneventful.