

# NORTHSIDE/NORTHPOINT OB-GYN

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*Advanced, heartfelt care for all the stages of life*

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## **Post Operative Instructions**

### **Hysteroscopy / Dilatation & Curettage/ Endometrial Ablation**

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1. Expect vaginal bleeding for 7-10 days.
2. Heaviest bleeding in first 48 hours.
3. Call if foul smelling vaginal odor or discharge, excessive bleeding greater than 1 pad per hour, fever greater than 101 degrees Fahrenheit, excessive nausea, vomiting or severe pain not controlled by pain medications.
4. You may bathe after 24 hours and showering is fine at any time.
5. Abstain from sexual intercourse for 7 days-nothing per vagina—no douching, no intercourse, no tampons.
6. No driving for 24 hours after anesthesia.
7. No vigorous exercise for 48 hours.
8. Expect mild to moderate cramping for 2-3 days. Possibly 7-10 days after an ablation.
9. If you experience constipation, feel free to use Metamucil, Milk of Magnesia, Senekot stool softener, ducolax tablets or suppository or any over the counter medications.
10. For gas pain you may use Gas-x or Mylicon.
11. Please make an appointment for post-op follow up in 2-3 weeks.
12. If breastfeeding, pump and dump milk for 24 hours post anesthesia.