

**Post Operative Instructions:
Hysteroscopy / Dilatation & Curettage/ Endometrial Ablation**

1. Expect vaginal bleeding for up to 7-10 days, with the heaviest bleeding in the first 48 hours.
2. Expect mild to moderate cramping for 2-3 days after a hysteroscopy, D+C. Expect more severe pain 1-2 days after an endometrial ablation with mild cramping up to 7 days. Take ibuprofen 400-600 mg every 4 hours as needed for pain. You can also alternate with tylenol XS 500 mg every 6 hours as needed for pain. If you have severe pain after an endometrial ablation you can also take an office prescription for oxycodone for severe pain. All medications should be taken with food.
3. Call the office if you experience foul smelling vaginal odor or discharge, excessive bleeding of 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. Pelvic rest for 7 days which includes abstaining from intercourse and using pads instead of tampons or a menstrual cup.
6. No driving for 24 hours after anesthesia.
7. No vigorous exercise for 48 hours.
8. If you experience constipation, increase high fiber foods. You can also take colace or miralax. For severe constipation try dulcolax.