

D&C / HYSTEROSCOPY **POST OP INSTRUCTIONS**

ACTIVITY

1. No important decision making or driving in the first 24 hours, due to the effect of the anesthesia.
2. No tampons, douching or intercourse for 1 week.
3. You may take a shower the morning after surgery.
4. You may take a bath when bleeding has slowed, approximately 1 week post-op.
5. You may swim after your post op follow-up appointment.

PAIN MEDICATION

1. Prescription (if given)
2. Tylenol, Aleve, Motrin, Advil, Nuprin, etc.

WORK

You may return to work in 1-3 days after surgery.

FOLLOW-UP

1. Call the office to make an appointment for 1-2 weeks for post op visit.
2. Call the office at (314)993-6401 or the exchange at (314)388-6140 if there are any problems, such as fever or excessive bleeding.
3. The pathology report will be in the office in about 7 days. Call if you have not been notified of results within 10 days.
4. Expect some bleeding for 1-7 days. If excessive call.
5. Call the office or exchange if fever persists above 100.4 for 4 hours or ever over 101.5.
6. Call for any other problems.