

## ACTIVITY

You may use stairs and take short walks. Gradually increase your exercise and activity as tolerated.

Avoid heavy lifting (more than about 10 pounds).

Sexual activity or using a tampon should be avoided for 2- 3 weeks.

## PAIN MANAGEMENT

Cramping is a common side effect for the next few days.

You will be given a prescription for pain medication to be taken at home if needed.

Generally, Tylenol or Extra-Strength Tylenol or an anti-inflammatory will be sufficient to control any discomfort you may have.

## REMINDER

Make a follow-up appointment with your doctor as directed.

Further instructions:

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## Care After Your Dilatation & Curettage (D&C)

## Patient Education

Surgical Services Patient Education

10/05/2018

## **BLEEDING/DISCHARGE**

You may experience light vaginal bleeding 2-3 days after surgery. It should not be heavier than your normal period.

### **. PERSONAL CARE:**

Your cervix has been dilated to allow for instruments to be used inside the uterus.

To prevent bacteria from entering this area, do not use anything vaginally for two weeks – no intercourse, no tampons.

It is best to avoid soaking in a tub as bacteria in the water can enter the uterus.

### **DIET:**

You may resume your regular diet

## **CALL YOUR DOCTOR IF:**

- Vaginal bleeding (more than one pad every hour)
- Have a fever higher than 38.5 °C or 101 °F
- Foul smelling vaginal discharge
- After voiding, you have a fullness sensation in the bladder (may be retention)
- Severe pain that is not relieved by pain medication
- Passing of large blood clots