



HYSTEROSCOPY, ENDOMETRIAL ABLATION AND/OR DILATION AND CURETTAGE (D&C)

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 again. This bleeding generally is not heavier than a normal period but under some circumstances may continue for one to two weeks. There also may be a watery discharge that can last up to 6 weeks.

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 647-0494 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 greater than 100.4 for four hours
5. Fainting

Normally you will be seen in the office for follow-up appointment after the 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 the procedure.

It is the hope of the professional staff at *BEDFORD WOMEN'S CARE ASSOCIATES* that your surgical experience has not been unduly stressful and that your recovery will be rapid and uneventful.