

HENDERSON & WALTON

WOMEN'S CENTER, P.C.

DILATION & CURETTAGE (D&C)

DISCHARGE INSTRUCTIONS

GENERAL:

The staff at Henderson and Walton is committed to ensuring that your post-operative experience is as comfortable as possible. This procedure is done on an outpatient basis and will need for you to follow the instructions below to promote healing and enhance your recovery period.

PAIN MANAGEMENT:

When you are discharged from the hospital, you will be given a prescription for pain medication. Some patients may or may not need this medication as it will depend upon your personal tolerance for pain as well as your tolerance for this type of medication. In an effort to better tolerate your pain medication, please make sure that you have eaten prior to taking. Most patients will find that if they take aspirin, Tylenol, or drugs similar to ibuprofen or naproxyn on a timed schedule for a few days, they will require much less of the prescribed pain medication. When taking prescribed pain medications, please take only as directed by your physician.

Should you experience any of the following symptoms after surgery, please notify your physician:

1. Temperature greater than 101 degrees
2. Increasing pain not relieved by pain medication
3. You are experiencing heavy vaginal bleeding where you are soaking more than one (1) pad an hour.
4. Persistent nausea and vomiting
5. Inability to urinate or pain with urination

DIET:

Eat light foods (jello, soups, etc.) you can tolerate for the first 6-8 hours after the procedure and then advance to your usual diet as tolerated. In the days following your surgery you should try to increase your intake of fluids, especially water and avoid the use of alcohol with prescribed pain medications.

CONSTIPATION:

There should not be a problem with constipation due to surgery or pain medications if you eat a well balanced diet. Here are some things that you can do to help prevent this uncomfortable problem.

1. Include roughage in your diet: fruits and vegetables-especially prunes, lettuce, and celery. Increasing dietary fiber such as bran cereals can also help.
2. Drink water daily.
3. You may use over-the-counter laxatives, milk of magnesia, mineral oil, or stool softeners if needed.

ACTIVITY:

Typically following this procedure, there is little or no pain but you may notice a bloody vaginal discharge that can last up to 14 days after surgery. Some women will actually have bleeding like a period for one to two weeks. You are encouraged to begin walking the day of your surgery. By doing so, it will help prevent any surgical complications and enhance your recovery process. There are no restrictions with the use of stairs. You **should not** exercise and **avoid** heavy lifting until you have been released by your physician to resume normal activities. Due to the risk of infection and bleeding, you should not douche or place anything into the vagina such as tampons until after your postoperative visit. Do not drive or operate any equipment for at least 24 hours and not until you have discontinued the use of all pain medications. You should gradually increase your activity as tolerated. Most women can return to work within one to four days after this procedure.

BATHING:

It is acceptable to shower following your procedure and may take a tub bath one week after surgery.

SEXUAL INTERCOURSE:

Do not have intercourse before one week after surgery or until bleeding has stopped. If you are contemplating getting pregnant, it is our recommendation that you wait 3 months after surgery before attempting so that you may give your body time to heal physically and emotionally.

RETURN APPOINTMENT:

At the time of your discharge, please call our office and make an appointment with your physician for two to four weeks after surgery. If you have any problems or questions prior to this appointment, please do not hesitate to contact our office at 930-1800.