



HYSTEROSCOPY WITH D&C POST-OP INSTRUCTIONS

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1) DISCHARGE MEDICATIONS: _____

2) ACTIVITY INSTRUCTIONS:

- a) NO HEAVY LIFTING FOR 48 HOURS
- b) NO PUSHING, PULLING, OR TUGGING FOR 2 DAYS
- c) PELVIC REST (NO SEX, TAMPONS OR DOUCHING) FOR 2 WEEKS
- d) SWIMMING AND BATHING IS OKAY

3) WARNING SIGNS:

- a) BLEEDING LIKE A PERIOD OR HEAVIER
- b) FEVER GREATER THAN 100.4 DEGREES
- c) GREEN OR YELLOW VAGINAL DISCHARGE
- d) VAGINAL DISCHARGE WITH FOUL ODOR
- e) VAGINAL ITCHING, BURNING OR IRRITATION
- f) NAUSEA AND VOMITING OR INCREASED ABDOMINAL PAIN

IF ANY OF THE ABOVE OCCUR CALL (318) 212-7840 ANYTIME

4) EXPECTATIONS:

- a) MAY PASS SUTURE THROUGH VAGINA 1-2 WEEKS POST-OP
- b) SPOTTING FOR 1ST 7-10 DAYS
- c) CLEAR TO WHITE DISCHARGE FOR 2-3 WEEKS AFTER SPOTTING
- d) CONSTIPATION OR CHANGE IN BOWEL HABITS
- e) MAY USE STOOL SOFTENER (COLACE 100 MG) TWICE A DAY
- f) MAY USE MILK OF MAGNESIA (2 TBSP'S) FOR ACUTE CONSTIPATION

5) FOLLOW UP VISIT:

- a) POST-OP VISIT APPOINTMENT: _____

6) DIRECT ANY ROUTINE QUESTIONS TO OUR OFFICE

MONDAY THRU FRIDAY 8 A.M. TO 5 P.M.

(318) 212-7840