**Postoperative Instructions for Hysteroscopy, D&C, and Endometrial Ablation Procedures**

**PROCEDURE:**

Hysteroscopy, D&C, and endometrial ablations may be performed alone or in combination. They are office or out-patient same day surgery procedures. Generally you are able to go home fairly soon after the procedure, but you will need someone to drive you home.

**ANESTHESIA:**

You will receive either a cervical block with pain medication, IV conscious sedation, or a light general anesthesia.

**ACTIVITY AND BLEEDING:**

You should take it easy the day of your procedure. In most cases you will feel normal physically the day after. Cramping is normal and bleeding should be less than a period. After an ablation, you can expect a discharge after the bleeding subsides that can last up to 4 weeks. It is normal for this discharge to have an odor. You may return to work the day after your procedure or when you are ready. You may also resume exercise when you feel ready. Listen to your body—if something feels uncomfortable, wait until it does not to resume. Use only pads for the first week, then tampons can be used. Showers are fine, but wait 48 hours for a bath. You may swim after 5 days. You may resume intercourse after 5 days.

**DIET:**

You may resume a regular diet.

**Pain Relief:**

Generally, over-the-counter medications such as Advil, Aleve, and Tylenol can help. You will be given a prescription for stronger pain medication if you need it. Please call the office if you have pain unrelieved by these measures.

**FOLLOW-UP APPOINTMENTS:**

Visits are usually scheduled for 2 weeks following your procedure. Please call the office if you have questions or concerns before your appointment.