

Surgery Center of Pinehurst
Home Care Instructions for D&C, Hysteroscopy

Vaginal Spotting:

After your surgery, you might have some light vaginal bleeding. Please use a pad or panty-liner. Do not use tampons. If you have bright red or heavy vaginal bleeding, please contact your doctor.

Personal Hygiene:

Please do not put anything into your vagina for one week. This includes tampons and douching.

Showers:

Showers are preferred. Please no tub baths until bleeding has stopped.

Intimate Relations:

Please do not have intercourse for one - two weeks or until your doctor advises you that it is safe for you to resume sexual activities.

Housework:

No restrictions.

Menstrual Cycle:

Your surgery may interrupt your normal menstrual cycle.

Medications:

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate and/or constipate you, so drink plenty of fluids.

Do not drive a car as long as you are taking pain medication.

Follow-up Appointment:

It is very important for you to keep the appointment that has been made for you. If you need to re-schedule, please call your doctor's office and we will be happy to find a more convenient time.

Please call your doctor for any of the following:

Temperature of 100.4 degrees or higher

Severe pain

Heavy bleeding (Heavier than your normal period)

Bad odor from your vagina

Dr. Terry 910-235-2942

Dr. Szabo 910-235-2941

Dr. Machin 910-235-2964

Dr. Nance 910-235-2796

Dr. Jones 910-235-2947

Dr. McCauley 910-895-6343