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## **Post-Operative Instructions for: D&C, Hysterectomy, or Endometrial Ablation**

- 1.** Take it easy the first day after surgery. Though your surgical procedure was a minor one, the effects of anesthesia or sedation may require more recovery than you expected.
- 2.** Expect the following:
  - Bleeding from the vagina – this is usually a dark red blood like the last days of a menstrual cycle, but it may also be bright red. If the bleeding progresses to clots the size of a golf ball or larger, call your physician. It may take a week for the bleeding to stop.
  - Cramping – similar to menstrual cramps, but often more severe, the cramping is caused by stretching of the uterine ligaments during surgery and manipulation of the uterus. If you can take ibuprofen, this is the best medication for uterine cramping. The dose needed is 800 mg (four over the counter pills at one time) three times a day.
  - Sore throat – if you had general anesthesia, a sore throat is common after surgery. Chloroseptic throat spray and ibuprofen may help.
- 3.** Do not use tampons and do abstain from intercourse for one week after surgery.

**Call the office at 904-819-1500 with any concerns**