



## **Women's Health Specialists of Montgomery County PA**

Gynecology-Gynecologic Oncology  
6301 Executive Boulevard  
Rockville, MD 20852  
Phone: (301) 770-4967

### **Instructions After Dilation and Curettage (D & C)**

#### **Activity**

- After the procedure, you will probably be able to go home within a few hours.
- If you had general anesthesia, you may have some nausea and vomiting when you wake up. You may feel groggy and weak for a short while.
- You will need someone to take you home.
- You should be able to resume most of your regular activities in 1 or 2 days. To help recovery and aid your well being, resume daily activities, including work, as soon as you are able.
- Resume driving in 1 or 2 days.
- Sexual relations may be resumed in 2 weeks.
- You can plan to return to work after 24-48 hours.
- You may have regular foods as tolerated. A well-balanced diet promotes healing.

#### **Wound Care**

- Wear cotton underpants and pantyhose with a cotton crotch. Avoid underpants made from nylon, polyester, silk or other non-ventilating materials.
- Shower as usual. No tub baths for 10 days.
- Call the office if you notice purulent or foul smelling vaginal drainage.
- Use sanitary napkins—not tampons—to absorb vaginal blood or drainage. No douching.
- Expect slight vaginal bleeding during recovery from your procedure. This may last for several days.
- After a D&C, a new lining will build up in the uterus. Your next menstrual period may not occur at the regular time. It may be early or late.

#### **Pain**

- You may experience some mild cramping after your procedure.
- Prescription pain medication should generally only be required for 2 to 7 days following the procedure. You may use nonprescription drugs, such as acetaminophen or ibuprofen for minor pain.
- **DO NOT DRIVE AFTER TAKING PRESCRIPTION PAIN MEDICATION!!**

#### **Notify our office if any of the following occurs:**

- Increased abdominal pain.
- Pain or burning with urination or frequent urge to urinate.
- Vaginal bleeding that soaks more than 1 pad per hour.
- Vaginal discharge that persists longer than 1 month or has a foul odor.
- Fever greater than 100.6
- Nausea, vomiting, or inability to have a bowel movement.
- Headache, muscle aches, dizziness or a general ill feeling.
- Shortness of breath, calf pain, or swelling in your extremities.

**Please call the office to schedule your post-operative appointment approximately 2 - 3 weeks from the day of your procedure.**