



JOHNSON COUNTY OB/GYN, CHARTERED

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D & C DISCHARGE INSTRUCTIONS

PAIN:

By the time you arrive home, there should be very little discomfort involved. Over-the-counter pain medications should be able to relieve any discomfort. Rest and a heating pad will aid recovery. Within 24-48 hours from the end of the procedure, there should be no discomfort to speak of. If more severe pain develops, call your doctor.

BLEEDING:

It is normal to have 4-6 days of bleeding that can consist of occasional clots. Bleeding should not be heavier than a period. There may also be a watery brown discharge lasting 2-3 weeks after the operation.

ACTIVITY:

You will feel tired from the anesthetic for 24-48 hours. Rest and adjust your activities depending on how you feel. Returning to work or full time activities is dependent on how you feel, but is usually within 24-48 hours. You may shower or tub bathe.

INTERCOURSE:

You should not have intercourse, use tampons or douche until cleared by the doctor.

APPOINTMENT:

Call the doctor's office to schedule a return visit. A follow up appointment is usually in **two weeks**. If problems develop, call your doctor's office. The surgery nurse can help you with problems at 913-236-1135

NOTE: If these instructions differ from what you were told, please follow your physician's instructions.