

Surgery Center of Pinehurst
Home Instructions for D&C, Hysteroscopy or Endometrial Ablation

Activity:

You may resume your normal activities as soon as you are able.

To prevent possible infection:

For two weeks,

- *Do not use tampons
- *Do not douche
- *No sexual intercourse
- *Do not tub bathe

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/constipate, so drink plenty of fluids. Please do not drive a car as long as you are taking pain medication.

Diet:

You may resume your normal diet with no restrictions. Remember to drink plenty of fluids to avoid constipation while on pain medication.

Please call your doctor with any of the following warning signs:

- *Abnormal bleeding
- *Fever of 101 degrees or greater
- *Pain not relieved by pain medication

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