

**Surgery Center of Pinehurst
Home Care Instructions 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 two weeks. This includes tampons and douching.

Showers:

Showers are preferred. Please no tub baths for two weeks.

Intimate Relations:

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

Housework:

No heavy housework or heavy lifting for several days after your surgery. Let your family and friends help you during this time!

Menstrual Cycle:

Your surgery may interrupt your normal menstrual cycle.

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 degrees or higher

Severe pain

Heavy bleeding

Bad odor from your vagina

Dr. Cile Williamson

910-215-0111