

**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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