



**COURI CENTER**  
for Gynecology and Integrative Women's Health  
*Michele A. Couri, MD*

## **Post-Operative Instructions for Hysteroscopy/D & C or Endometrial Ablation**

You may eat and drink whatever you desire.

Rest today and return to your usual level of activity tomorrow. It is normal to feel tired for a few days after your surgery.

Do not drive if you are taking any narcotic pain medications (Percocet, Vicodin or Tylenol #3) or if your level of discomfort prevents you from stepping on the brake pedal effectively.

After your surgery, you may experience some cramping or low back pain, which may last several days. You may use Tylenol or Advil for this.

It is common to have vaginal bleeding or spotting for one to two weeks after your surgery. If you had an endometrial ablation, you may notice a moderate to heavy vaginal discharge for 4-6 weeks.

You should not have sexual intercourse, use tampons, or douche for **two weeks** after your surgery.

You may shower when you feel comfortable. However, it is recommended that you not take a bath or swim for two weeks.

A follow-up appointment may be made for you if necessary. You may call the office **one week** after your surgery to discuss any pathology results.

### **Call our office if:**

Your temperature is greater than 100.4 F.

You have pain that is worsening.

You have pain that is not improved by pain medications.

You are unable to eat or drink without vomiting.

You have bright red vaginal bleeding that soaks more than one pad per hour. You have a foul-smelling vaginal discharge.

You have any other symptoms or concerns.

**Office Telephone Number: (309) 692-6838**