

Post-Operative Instructions

Dilatation and Curettage

Sarpy County OB/GYN, P.C.

A dilatation and curettage (D&C) is a surgical procedure where the lining of the uterine cavity is scraped to remove the endometrium. Sometimes the procedure is called a suction dilatation and curettage. (Suction D&Cs are usually performed for miscarriages.) A D&C is usually an outpatient procedure, meaning that the patient will go home the same day the procedure is performed. There are many indications for performing this procedure. Please discuss this with your doctor. Please also refer to the American College of Obstetricians and Gynecologists website www.acog.org for more details regarding risks/benefits.

1. It is normal to have a light pink to brownish red discharge for 7 days.
2. Your next menses may be early or slightly delayed.
3. Rest for 24 hours, and then resume normal activities as tolerated.
4. Tylenol or Advil is usually sufficient to relieve any cramping.
5. Bathe or shower as preferred
6. Resume your medications as ordered.
7. Nothing in the vagina (no sex, tampons, or douching) for 2 weeks.
8. Report any of the following:
 - a. Foul smelling drainage from the vagina
 - b. Heavy vaginal bleeding, saturating 2-3 pads in 1 hour
 - c. Fever by thermometer over 101 degrees F within 24-48 hours
 - d. New symptoms such as nausea, vomiting, constipation, abdominal swelling or severe pain
 - e. Inability to urinate
9. For after hours, call: 898-8500.
10. Post-operative check is usually at 2 weeks.