

THE FERTILITY CENTER OF OREGON

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POSTOPERATIVE INSTRUCTIONS AFTER OFFICE D & C

1. Please have a friend or relative bring you to the office and remain to drive you home following the procedure.
2. You should plan on going home to rest for the remainder of the day of your operation.
3. Bleeding may be very light (or not at all) to as much as a heavy period and may last from 1-14 days. Bleeding may be heavier 7-14 days after the D&C as healing occurs within the uterus.
4. You may shower, swim, or tub bathe and use tampons at any time.
5. Please do not resume vaginal sex relations or douching for at least one week or until bleeding stops because of possible risk of infection.
6. Cramps may last for 1-3 days and usually respond to Tylenol or Advil.
7. Important signs of problems for which you should contact the office right away include:
 - A. Heavy bleeding (more than a normal period or large clots).
 - B. Temperature of 101 F. or more.
 - C. Abdominal pain.
8. If you are to begin birth control pills, take the first one on the Sunday following the operation. Other birth control methods (diaphragm fitting, Depo-Provera, etc.) can be discussed at the two-week checkup appointment.
9. Please be sure to keep your two-week checkup appointment – there is no charge and this examination is important.