

Fertility & Midwifery Care Center



Surgery Instructions

Hysteroscopy with or without Dilatation and Curettage (D&C)

With or Without Endometrial Ablation

These instructions are intended to address the majority of questions that arise related to your surgery. If there appears to be a conflict between these instructions and those given to you by the hospital, please follow these instructions. If there is any doubt and/or additional questions, please feel free to contact our office by calling **260-222-7401**.

Before Your Surgery

This surgery is performed through the vagina and there are no skin incisions. The procedure is minimally invasive, allowing it to be performed on an outpatient basis and you to go home a few hours afterwards.

It is critical that your stomach be completely empty for this surgery. After midnight, you are to have nothing to eat or drink. You may be instructed to take any medications you regularly take with a small amount of water the morning of your surgery. If you take insulin for diabetes, please make certain you understand how your FMCC physician wants you to manage this medication on the morning of your surgery.

After Your Surgery

After surgery you will recover in the post-operative recovery room, where you will remain for approximately one hour. You will then move to the Pre-Post area, the same area where you received your pre-operative medications and began the morning. Most patients remain in this area for one (1) to three (3) hours until they are feeling well enough to be driven home. Note: someone will need to drive you home from the hospital.

Your FMCC physician will want to see you approximately four (4) weeks following your surgery. Please call our office to schedule this follow-up appointment if you don't have it scheduled prior to the surgery.

Take your pain medication as directed and resume taking any medications that you were taking prior to the surgery unless the Physicians have directed you otherwise. In general, pain medication should not be taken on an empty stomach. There is no advantage to **not** taking pain medication following surgery. In fact, pain often slows the recovery process, so please take your pain medication as needed.

Following surgery you may eat the foods you normally eat, but you may find that frequent small meals are best tolerated during the first few days following your surgery. It is particularly important to drink adequate amounts of liquids following surgery and to rest as often as needed.

The physicians of FMCC ask that you refrain from driving a vehicle for as long as you are taking narcotic pain medications.

Considerable fatigue the first day following this surgery is common. You may restart your regular exercise routine as you feel appropriate, however, don't be surprised if your endurance is not what it was prior to your surgery. Return to exercise slowly and gradually increase the frequency and intensity based on how you feel. In general, if a given activity causes pain, refrain from that activity for a few days and try again.

There are no restrictions on bathing or swimming in pools or lakes following your surgery.

Unless the FMCC physicians have advised you otherwise, there are no specific restrictions on lifting, climbing stairs, sexual intercourse, or other activities. Again, proceed slowly based on how you feel and, "Listen to your body..."

You may return to work when you feel ready to do so. If you need a work release letter from us please contact our office and we will be happy to take care of this for you.

It is very common to experience light vaginal spotting (less than a menstrual period) and/or a blood-tinged vaginal discharge during the first 7-10 days following surgery.

Call us at 260-222-7401 if you experience any of the following:

- Fever above 101.5° F
- Nausea or vomiting unrelated to pain medication
- Abdominal or pelvic pain that is not relieved by pain medication
- Inability to urinate