



Post-Op D&C Instructions

Now that you are being discharged, please remember:

1. Absolutely no douching, intercourse, or tampons for 2 weeks following your surgery.
2. You can expect to bleed or have a bloody discharge for the next 2 to 4 weeks.
3. You may take tub baths after 1 week and showers at anytime.
4. You may resume normal everyday activities as you feel able and return to work within 3 to 7 days after your surgery.
5. Notify me if you experience any of the following:
 - a. heavy vaginal bleeding or foul vaginal discharge
 - b. fever of 100°F or higher
 - c. severe pelvic or vaginal pain.
6. Call the office to make an appointment for your 4 week check-up

Above all, remember that I expect you to notify me of a problem if it arises before I see you in the office for a post operative evaluation.

Sincerely,

Adam J. Fiedler, MD

R. Kevin Smith, MD

Gregory P. Moore, MD