

Charles Street Obstetrics~Gynecology Associates, P.A.

Robert E. Ottenritter, M.D., F.A.C.O.G.

Onkar N. Singh, M.D., F.A.C.O.G.

Laura M. Erdman, M.D., F.A.C.O.G.

Postoperative instructions for: Hysteroscopy D&C Endometrial Ablation

- For the first 24-28 hours after the procedure, you may have some nausea and vomiting, menstrual-like lower abdominal cramps, muscle aches, shoulder pain, or sore throat. These symptoms will resolve quickly.
- Vaginal bleeding may occur, and may last up to 14 days. If you had an endometrial ablation, you may experience a noticeable watery clear, pink, or brown discharge that can last up to 3 weeks. Use sanitary pads, not tampons. Do not have sex and do not douche until after your return visit.
- If nausea is present after surgery, eat lightly until it resolves. Clear liquids such as soups, broth, Gatorade, and flat cola are advised.
- There are no restrictions in the use of stairs. Do not exercise and avoid heavy lifting until after your return visit.
- You may shower the day after surgery, but avoid tub baths until after your return appointment.
- You may drive a car the day after surgery.
- If you did not make your postop appointment when you scheduled your surgery, please call the office to schedule an appointment for 2 weeks after your surgery.
- Call the office if any of the following conditions occur:
 - Temperature greater than 100.4
 - Persistent nausea with vomiting
 - Increasing pain not relieved with pain medication
 - Vaginal bleeding heavier than a period
 - Inability to urinate
- If you have any questions, please do not hesitate to call the office: 410 823 1120