

DXC Instructions

1. Spotting – For the first 10-14 days you will have bleeding that should begin to decrease with time. During the first four weeks avoid tampons or douching as they may introduce bacteria into the uterus. You can anticipate menstrual irregularities for the next 1-2 periods.
2. Pain Medication – Most patients use a combination of over the counter Ibuprofen and a prescription narcotic for pain control after the procedure. Take two 200mg tablets of Ibuprofen the night before your surgery. After the surgery is over take three 200mg tablets every eight hours for the next three days. The prescription narcotic should be taken as directed and as needed.
3. Diet – There should be no change in your diet although the first meal should be a lighter one.
4. Sexual Activity – You should wait four weeks after the procedure is over before resuming activity. More importantly you should wait until you feel emotionally ready to begin this intimate activity which may take longer than four weeks.
5. Changing Emotions – It is not uncommon to experience a period of morning. This is a normal part of the healing process. If this becomes too much for you to handle please contact our office so we can sit down and talk with you.
6. Activity – Increase your activity as tolerated with no lifting more than 15 pounds for two weeks after the surgery. Be sure to move extremities – i.e. rotate ankles and flex knees during this period of decreased activity as this promotes good venous return and prevents blood clots. Avoid driving for the first week after the surgery or longer if you continue to require pain medication.
7. Contraception – You should utilize an effective form of birth control for at least three months after the procedure.
8. Reasons to Notify Our Clinic –
 - Worsening pain.
 - Foul smelling vaginal discharge.
 - Fever greater than 100.4 degrees farenheight.
 - Vaginal bleeding that soaks a pad an hour. If you are at all concerned about bleeding please contact our office immediately.
 - Nausea/vomiting.

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