



**Aspen Medical Group, Inc.**

[www.aspenmedgroup.com](http://www.aspenmedgroup.com)

## **AFTER SURGERY INSTRUCTIONS FOR DILATATION AND CURRETTAGE**

You have been scheduled for an out-patient surgery. This means you will go into the hospital or surgi-center, have your surgery and go home, all in the same day. There are several things for you to know that should make your surgery experience easier for you. Please read all materials provided for you by our office. We hope that some of the matters addressed here will help to explain what you might expect during the days before and after your surgery. Please read this fully and feel free to call us should you have any last minute questions or concerns.

Most women experience menstrual-like cramping for 1 or 2 days following surgery. This discomfort is a sign of the natural healing process and should not alarm you. Most women return to their regular activities within 2 or 3 days. You may find that placing a warm towel or hot water bottle against your abdomen to be comforting and soothing.

You may have vaginal bleeding after your surgery. The amount and the time varies with each individual and can be as little as spotting for a few days to moderate bleeding, like a period, for 4 to 5 days. Tampon use is **NOT** recommended because of the increased risk of infection. Use sanitary pads during this time.

There should be **NO** sexual intercourse for 2 weeks or until you are checked in the office and told that it is okay to resume sexual activity.

For those women who desire birth control, please let us know your wishes so we might assist you in exploring your options.

Because of the special nature of this surgery, some women experience strong emotions during the first few weeks after this procedure. A wide spectrum of feelings ranging from sadness and a sense of loss to intense relief are all normal. Please do not hesitate to discuss your feelings and thoughts with us if you feel the need or desire to do so.

Always remember that our staff is available to assist you during this time.