



Women's Hospital

Dilatation and Curettage (D&C) Instructions

Pain

- Soreness and mild pain after surgery are common
- Prescription for pain medication should minimize discomfort
- Take your pain medication with food to prevent stomach upset
- Contact your doctor immediately if pain is not relieved by medication

Activity

- Do not lift more than 10 to 15 pounds
- Do not engage in strenuous activity
- Take short walks several times a day to prevent blood clots and constipation and to relieve soreness
- Do deep breathing exercises to keep lungs clear and prevent pneumonia
- Do not have sexual relations, use tampons or take douches until you have seen your doctor and received permission to do any of these activities

Bleeding

- Some vaginal bleeding is common
- Discharge amount can be similar to a menstrual period
- Call your doctor if you are saturating a regular-size sanitary pad in an hour or less

Diet

- Begin slowly with clear liquids such as ice chips, tea, broth, Gatorade and Jello
- Drinking carbonated drinks such as Sprite or ginger ale or using straws can make you feel bloated
- If you are tolerating liquids, continue to solid food
- Avoid fatty and spicy foods until your appetite returns
- Contact your doctor if you have severe, persistent nausea and vomiting

Digestion

- Constipation is common after surgery because of inactivity and pain medication
- Walking, drinking liquids, and eating a healthy diet rich in whole grains, fruits and vegetables will help prevent constipation
- Take a mild over-the-counter stool softener or laxative if constipation lasts two or three days

Other

- Remember to wash hands to prevent the spread of germs

You will receive a follow-up phone call from the Outpatient Recovery department in one to three days after surgery.

If you receive a survey in the mail, please complete it and let us know how your experience was at Greenville Health System. We always strive to provide very good care. Thank you for choosing us.