

Professor Mark Umstad

MB BS, MD, FRCOG, FRANZCOG
OBSTETRICIAN & GYNAECOLOGIST

D&C/HYSTEROSCOPY: POST – OPERATIVE CARE

General instructions

For the first 24 hours after your procedure you should not work, drive, drink alcohol or operate any heavy machinery. A responsible adult should remain with you overnight.

Eating and drinking

You can eat and drink when you are fully awake after your anaesthetic. Occasionally nausea can be a problem for the first 24 hours but it will settle quickly.

Pain relief

In theatre you will have been given your initial pain relief which is usually a combination of an anti-inflammatory and analgesic. This combination will generally be effective for 6 to 12 hours after your procedure. If you feel any more than mild discomfort following this the best form of treatment is Nurofen tablets. If you have a stomach ulcer or asthma you should not take this medication and try Panadeine as an alternative.

Blood loss

Bleeding for the first 24 to 48 hours after a curette may be a little heavier than a normal period. The blood loss should then settle quite quickly and will almost always have stopped within five days. Some women have light spotting for up to six weeks after a curette. This is not unusual. If the bleeding suddenly becomes very heavy or offensive or if you have an associated fever then you should contact me.

Contraception

You may resume sexual relations whenever you feel comfortable. This is normally three to seven days after a curette. If you plan on resuming the oral contraceptive pill then this should be commenced within 24 hours of having your curette. The pill will provide contraceptive protection 14 days after you have recommenced taking the medication. Alternatively, condoms should be used when sexual relations are resumed if this is your choice.

Concerning symptoms

You should notify me if you have **increasing** nausea or vomiting, **increasing** abdominal pain, offensive vaginal bleeding or burning on passing urine.

Review

You should contact the rooms to make an appointment for review approximately six weeks after your procedure. If you have any concerns or problems before this six week period do not hesitate to contact me or your general practitioner.

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