



D & C (DILITATION & CURETTAGE)

These instructions will help you take care of yourself at home.



DIET

After you reach home, start with clear liquids. Wait about 45 minutes and if you do not feel sick, try bland foods first, then progress to your usual diet.



ACTIVITIES

Rest today. Slowly resume your usual activity as tolerated. Avoid heavy physical exercise for 2 weeks.



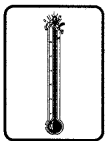
SPECIAL CARE NEEDED

"Pelvic Rest": No sex, tampons or douches for 2 weeks, or until your doctor says it's okay.



MEDICATIONS

Take the medicine that has been prescribed for you as directed.



INFECTION

Infection is always a concern after surgery: Watch for these signs: **fever, chills, redness, swelling, pus, smelly discharge or increased pain.** Call your doctor at the first sign of any infection.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Heavy bleeding (soaking more than one pad per hour)
- Severe cramping
- Passing clots larger than a quarter

Call 911 if you have chest pain or shortness of breath