



INSTRUCTIONS AFTER D&E

1. Light vaginal bleeding is normal for up to 4 weeks after the operation. Report heavy continuous vaginal bleeding especially if associated with the passage of large clots. You can use pads or tampons as needed.
2. Mild to moderate lower abdominal cramps is to be expected for the first several days after the procedure. This is best treated with Advil (ibuprofen).
3. Breast engorgement and pain is a common and normal symptom that usually lasts for two or three days after the procedure. This should be treated with cold compresses and Advil.
4. Do not drive or operate hazardous machinery for at least 24 hours and not until you have discontinued the use of all pain medications.
5. Do not make important personal or business decisions for at least 24 hours.
6. Do not drink alcoholic beverages for 24 hours.
7. Do not engage in sexual intercourse or use tampons for two weeks.
8. Eat light foods (jello, soups, etc.) as you can tolerate for the first 6 hours after the procedure and then advance to your usual diet as tolerated. Drink plenty of water and nonalcoholic beverages.
9. You may take a shower or a bath at any time after the procedure.
10. Report the following danger signals to the office as soon as possible: persistent nausea or vomiting, fever greater than 100.5 (especially if associated with shaking chills), increasing abdominal pain.
11. A postoperative office visit is usually not needed, but you should call the office within one week to discuss the results from the procedure.

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