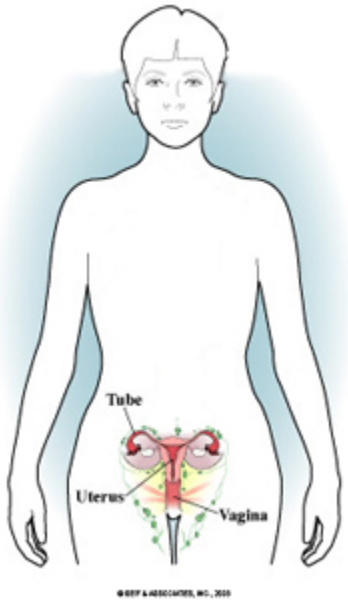
D&C or Vacuum Curettage
Care After Surgery

Read the instructions below. These instructions will help you to care for yourself after you leave the hospital. Refer to this guide for the next few weeks to help with your recovery. Your doctor may also give you **specific** instructions that are not listed here.

D&C or vacuum curettage is a minor surgery. A D&C involves the stretching (*dilatation*) of the cervix and the scraping (*curettage*) of the inside lining of the womb (*uterus*). A vacuum curettage gently sucks out the lining and tissue in the uterus with a tube. You may have light cramping and bleeding for a few days to 2 weeks after the procedure.



HOME CARE

- **Do not** drive for 24 hours.
- Wait 1 week before returning to normal activities.
- Only take medicines as told by your doctor. **Do not** take aspirin. It can cause bleeding.
- **Do not** stand for a long time.
- **Do not** lift, push, or pull anything over 10 pounds/4.5 kilograms.
- Limit stair climbing to once or twice a day.
- Rest often.
- Resume your usual diet.
- Drink enough water and fluids to keep your pee clear or pale yellow.
- If you have dry, hard poop (*constipation*), you may:
  - Take a mild laxative as told by your doctor.
  - Add fruit and bran to your diet.
- Take showers (not tub baths) for the first week.
- **Do not** swim or use a hot tub until your doctor says it is okay.
- Have someone with you or available to you for 2 to 4 days after the procedure.
- **Do not** douche, use tampons, or have sex until your doctor says it is okay.
- Keep all your follow-up appointments as told by your doctor.

GET HELP IF:

- You have more cramps or pain and it does not get better with medicine.
- You have belly (*abdominal*) pain.
- You feel dizzy or feel like fainting.
- You have a bad smelling discharge coming from the vagina.
- You get a rash.
- You have a reaction or allergy to your medicine.

GET HELP RIGHT AWAY IF:

- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- You have chest pain.
- You have shortness of breath.
- You pass out.
- You have pain in the tops of your shoulders (shoulder strap areas).

- You start to bleed more than a regular period or fill more than 1 pad per hour.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas.

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