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## POST-PROCEDURE GUIDELINES FOR HYSTEROSCOPY OR D&C

Concern for your well-being is our first priority. These guidelines will aid in your safe and speedy recovery. If you have ANY questions not answered here, please call the office above, preferably during office hours so we may consult your office record. Please have your pharmacy telephone number available for the physician.

- ❖ ***Notify your physician of any worsening pain, bleeding heavier than a period, or a temperature higher than 100.5°F. Please take your temperature if you think it is elevated; do not guess.***
- ❖ ***You may shower or bathe after 24 hours.***
- ❖ ***You may use tampons, but DO NOT DOUCHE. If you had a tubal surgery, you may resume intercourse when the discomfort disappears.***
- ❖ ***You may return to work 1-2 days following surgery, unless otherwise restricted by your physician.***

Surgery affects you and your family. If you have any questions, please call our office during regular hours when your records are available for reference. **In an emergency, you can reach us 24 hours a day.** If you feel your problem cannot wait until office hours, please call immediately. Remember, we are here to help you.