

**BALANCED CARE FOR WOMEN OF ST LOUIS, PC**  
**10806 Olive Boulevard**  
**Creve Coeur, MO 63141**  
**(314) 993-7009**

## **POST-OPERATIVE INSTRUCTIONS**

### **DILATION & CURETTAGE (D&C) & ENDOMETRIAL ABLATION**

- Call our office for an appointment to see your doctor in two weeks.
- Some blood or watery vaginal discharge is normal for this procedure. The vaginal discharge should not be heavier than a period. If the vaginal bleeding appears excessive, please call us as soon as possible and we may be able to give you some medication to stop this.
- If your physician has given you Methergine, then please take one every six hours to decrease the bleeding. Methergine often causes cramping so you may need pain medication in addition to the Methergine.
- Do not use tampons for the first week after the procedure.
- Refrain from sexual relations for one week.
- Stay on a liquid diet the day of your procedure. Resume a regular diet the following day.
- Some abdominal cramping can be expected. Take medications as directed.
- Call our office (314-993-7009) during working hours or through the Exchange at night (314-388-6595) if you have any questions or if a problem should arise.