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Post Operative Instructions for Dilation and Curettage

1. *Expect vaginal flow from 3-12 days. The flow should be lighter than a period after the first day.*
2. *Refrain from physical exercise for the first week after surgery, as this can cause increased bleeding.*
3. *You may have muscular aches and pains the day following surgery, due to the muscle relaxant that may be used during anesthesia.*
4. *Report to Dr. Ahdoot any heavy vaginal bleeding, passage of clots, severe pain or a temperature of 100 degrees or more.*
5. *Showering is OK the day of surgery.*
6. *You may use a heating pad for abdominal discomfort.*
7. *Refrain from douching, tampon use, tub baths or intercourse until seen in the office.*
8. *Please call Dr. Ahdoot's office to schedule your follow-up appointment for 1 week.*

Morris Ahdoot, M.D.