D & C or Thermachoice Balloon Ablation
Post Operative

Diet
- You may return to your normal diet.

Medications
- You may take Extra Strength Tylenol (1-2 tablets every 4 hours), or Ibuprofen (Motrin) 600mg (every 6 hours), or 800mg (every 8 hours).

Activity
- Rest quietly and then slowly return to your normal activities as your energy improves.
- No vigorous exercise, heavy housework or long shopping trips for at least 3 days.

Bowel Movements
- If constipated take a mild laxative over-the-counter that can be bought at a pharmacy.

Bathing/Personal Care
- You may shower right away.
- Delay tub bathing, vaginal douching and the use of tampons for 1 week.

Normal expectations
- You may have mild abdominal cramps for 2-3 days.
- There may be light vaginal bleeding or discharge for 6-10 days.

Reasons to call the office
- Heavy bleeding that soaks through 1 pad an hour.
- Discharge with a bad odor.
- Severe pain.
- Fever greater than 101° F.
- Pain with urination.

Please call the office for any questions or concerns (315) 492-5005.