

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

(807) 468-9861 extension 2362

*Thank you for helping us ensure quality care.*

***Lake of the Woods District Hospital***

21 Sylvan Street

Kenora, ON

P9N 3W7

Telephone (807) 468-9861

# **DISCHARGE INSTRUCTIONS**

**for**

**D & C**

1. Eat lightly for the first few meals after your surgery and progress as able to tolerate.
2. Drink plenty of fluids until your appetite returns to normal.
3. Be aware that nausea and dizziness are not unusual for several hours after anesthetic.
4. Take it easy for a few days following your surgery. You may tire easily, so resume activities only as tolerated.
5. Some cramping should be expected.
6. Some vaginal bleeding can be expected up to 3 weeks post-surgery. Do not use tampons or douche for 1 month to avoid risk of infection. **Use pads only.**
7. Restrict heavy lifting (greater than 10 pounds) until flow stops.
8. Avoid sexual intercourse until you have had no vaginal flow for one week.
9. You may shower but avoid bathing for at least 3 days.
10. Take your prescribed pain medication as directed (every 4 hours, if needed) for discomfort.
11. Return to work in 2 to 5 days unless otherwise instructed by your doctor.
12. Resume medications as on at home unless otherwise advised.
13. **If you have been given sedation (intravenous medication):** Sedative and narcotic medicines given during your procedure may linger for hours. Thus, you may notice some drowsiness during the remainder of the day. For this reason, it is essential that a companion drive you home or accompany you if you plan to take a taxi or public transportation. You should not drive today or operate machinery. You should not plan any activities that require complex thought or coordination today. Do not drink alcohol or take sedative medicines during the next 24 hours.

14. Notify your doctor or come to the Emergency Department if any of the following occur:

- Heavy bleeding – more than a normal period
- Foul, purulent (pus-like) discharge
- Increasing or severe abdominal pain
- Elevated temperature over 100F (38C)
- Excessive drowsiness
- Persistent nausea or vomiting
- Bladder difficulties

15. Make an appointment to see Dr. \_\_\_\_\_  
 in \_\_\_\_\_ Phone Number \_\_\_\_\_

**If you have any questions, please do not hesitate to call your doctor.**

Special Instructions: \_\_\_\_\_  
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