

Discharge Instructions:

D&C, Hysteroscopy, Essure, Balloon Ablation, LEEP

1. Ambulate (walk) as tolerated
2. Regular diet as tolerated
3. You may shower after surgery
4. If abdominal discomfort occurs; you may use Advil-Motrin or Tylenol (two-three tablets every 4 hours)
5. Please refrain from sexual intercourse, douches, and tampons for two days following the surgery
6. Please call the office to schedule a post-operative appointment for three weeks from the date of surgery

**PLEASE CALL THE DOCTOR @ 516.466.4128
IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

1. Heavy vaginal bleeding
2. Temperature greater than 100.5 orally
3. Severe abdominal – perennial pain
4. Swollen area on the leg that is painful, red or hot