



## **In-Office Post Procedure Instructions**

- Have someone drive you home
- Do not drive, operate potentially dangerous machinery, sign legal documents, or make critical decisions for the rest of the day after the procedure. You may resume regular activities the next day.
- A heating pad placed on your lower abdomen may help to reduce cramping.
- If it is not contraindicated, cramping may be reduced by taking 600 mg ibuprofen every 6 hours or 800 mg ibuprofen every 8 hours.
- You may shower or bathe normally after the procedure.
- You should expect light vaginal bleeding and/or discharge for up to 2 weeks.
- Please refrain from anything in the vagina for 2 weeks. This includes tampons, douching, and intercourse.

*Call your physician if you have...*

- Increasing or abnormal discharge.
- Increasing post-procedural pain not controlled with ibuprofen
- Bleeding more than 1 pad per hour
- Fever above 100.4 degrees Fahrenheit.

*Please schedule your follow-up appointment in 2 weeks.*