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**After Your In-Office D&C (MVA/Karman): Expectations and Instructions**

1. **PAIN:** Moderate menstrual-like cramping is normal after having an in-office D&C, and may last for up to one week. Take ibuprofen (Motrin) 600mg every 6 hours as needed for this pain. You may also add acetaminophen (Tylenol) 650mg every 6 hours if needed. If your pain is not controlled by these two medications, please call the office.
2. **VAGINAL BLEEDING:** You may have menstrual-like vaginal bleeding and pass a few small clots for up to 1 to 2 weeks following today's procedure. However, if you saturate one pad per hour for two hours in a row, or pass clots larger than the size of a tennis ball, please call the office.
3. **UNUSUAL DISCHARGE and FEVER:** Please call the office if you have foul-smelling vaginal discharge or a fever of  $>100.4^{\circ}\text{F}$  or  $>38^{\circ}\text{C}$  that persists for 4 to 6 hours.
4. **ACTIVITY:** You may return to your normal daily activities immediately after your D&C, but you should not engage in strenuous exercise for 24 hours.
5. **HEALING:** Do not put anything in the vagina for two weeks. In other words, no sex, tampons, or douching.
6. **RESULTS:** If the results from today's procedure are important in determining your plan of care going forward, your physician will contact you as soon as they are available and let you know the next steps to take. If this does not apply to you, then you should schedule a follow-up appointment as recommended by your physician.