



## D&C Post Operative Care

### Day 1:

1. Leave the bandage on for 24 hours.
2. Limit activity for the first 24 hours.

### Day 2 and following:

1. Wash your hands and remove the bandage.
2. Clean site gently with soap and water.
3. Blot the site dry with a clean soft cloth.
4. Apply Vaseline or Aquaphor using a q-tip. It is important to keep the site moist with ointment to prevent scab formation. This aids in healing process and reduces scarring. Do not use an antibiotic ointment.
5. Apply a clean bandage.
6. Repeat process once daily.

### What to do if:

- Bleeding:
  - Apply firm pressure to the surgery site for 20 minutes without peeking. If the bleeding does not stop, please call the clinic.
  - To prevent bleeding, avoid activity and straining. Keep the site elevated if possible.
- Pain
  - One may alternate ibuprofen and acetaminophen every three hours unless contraindicated. Do not take aspirin as it increases the risk of bleeding.

### What to watch for:

- Some redness, swelling and drainage is normal and expected. *Signs of infection* include increased pain and swelling from the site.
- If you notice these signs, *call the clinic at (970)247-1970.*