

Hysteroscopy Dilation and Curettage (D&C) Fact Sheet

Technique

The procedure involves two steps:

1. The inside of the uterus is viewed using a hysteroscope. A hysteroscope is a telescope that is specially designed for viewing the inside of the uterus. Any abnormalities such as polyps or uterine fibroids will be identified.
2. These abnormalities and the endometrium (lining of the uterus) are removed.

Incisions

No incisions are required for this procedure.

Operative Time

- Operative times vary greatly depending on the findings at the time of surgery. Your surgeon will proceed with safety as his/her priority.
- Average times range from 15-30 minutes.

Anesthesia

- Conscious sedation
- General anesthesia

Preoperative Care

- Schedule your case to happen immediately after your period.
- Please do not eat anything by mouth after midnight

Hospital Stay

- Office procedure
- Day surgery

Postoperative Care

- These guidelines are intended to give you a general idea of your postoperative course. Since every patient is unique and has a unique procedure, your recovery may differ.
- Anti-inflammatory pain medicine such as ibuprofen or naproxen is usually required for the first several days. Most patients do not need opioid pain medications.
- Driving is allowed once the anesthesia has worn off. A care partner must be present to drive you home from the hospital.
- If they desire, patients may return to work on the day after the procedure.
- You may experience a mild vaginal bleeding for several days after the procedure. If it is not associated with increasing pain or fever, it is nothing to worry about and will resolve.

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