



Cascade Women's Health, PC

GYNECOLOGY SPECIALISTS • PHYSICIANS AND SURGEONS

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Endometrial Ablation Instructions

What is an endometrial ablation?

An endometrial ablation procedure is usually recommended to patients who have experienced heavy and/or prolonged periods of menstrual bleeding. This procedure is done by using instruments to destroy (ablate) the uterine lining, or endometrium.

Anesthesia:

You may feel somewhat dizzy or sleepy after surgery due to the side effects of the anesthesia. General or intravenous anesthesia agents can remain in your body for up to 24 hours. It is advised not to operate heavy machinery, drive a motor vehicle, consume alcohol, or make any important business decisions for the next 24 hours. Try to rest for the remainder of the day. It may also be helpful to have someone spend the night with you.

Postoperative care:

The healing process will present itself as a profuse watery, yellowish and occasionally bloody vaginal discharge for a few weeks. The most heavy discharge will last about 7 days. During this time, wear a pad and refrain from having sexual intercourse, using tampons or inserted anything in the vagina. Douches are never recommended.

The first couple of periods after this procedure may still be a little heavy. During the first year after surgery, periods should get progressively lighter. Some women will eventually get no periods at all. If you continue to have heavy bleeding after this procedure, contact us.

Pain:

Cramping is a common side effect for the next few days. You may take non steroidal anti-inflammatory drugs (NSAIDs) such as Ibuprofen (ex: Advil, Motrin). Combine this with Tylenol and use a heating pad to help with the pain. Contact us if your pain is not managed with these measures.

Activity:

Patients usually return to their normal activity within a day or two. Women should refrain from sexual intercourse or using a tampon for at least seven days or until the heaviest discharge eases. Douches are never recommended.

Bathing/Swimming:

You may shower when you feel comfortable. It is recommended that you not swim or soak in a hot tub or bathtub for two to four weeks. This is to prevent anything from entering the vagina, which may cause an infection.

Notify your doctor if any of the following occur:

- You have a fever greater than 100.4 degrees.
- You have severe abdominal pain or cramping.
- You have heavy vaginal bleeding.
- You have persistent vomiting.