

Endometrial Ablation

Activity

- Endometrial Ablation is a procedure used to decrease menstrual bleeding or normalize periods. It is not guaranteed to eliminate periods. An ablation removes and cauterises some of the endometrium, which is the lining of the uterus.
- For 24 hours after having a general anaesthetic or sedation your ability and judgement may be impaired. Do not drive your car or engage in any activity requiring skills or concentration.
- You may be drowsy, so rest at home for the remainder of the day after you leave the hospital. Also, ensure you have a responsible adult with you for the first 24 hours.
- You may experience hoarseness, sore throat, or muscle aching in the first 24 hours. These symptoms usually disappear without treatment.

Diet

- Normal diet may be resumed as soon as tolerated. If you are still nauseated from your anaesthetic sip ginger ale and nibble some dry crackers.
- Do not drink alcohol for 24 hours, as the effects will add to those of the anaesthetic.

Specific Instructions

*** USE SANITY PADS INSTEAD OF TAMPONS WHILE YOU HAVE ANY VAGINAL BLEEDING ***

*** DO NOT HAVE SEXUAL INTERCOURSE FOR 3 WEEKS AFTER THE SURGERY. IF BLEEDING CONTINUES LONGER DO NOT HAVE INTERCOURSE UNTIL BLEEDING HAS STOPPED ***

*** SHOWER ONLY. DO NOT TAKE TUB BATHS UNTIL ALL THE BLEEDING HAS STOPPED ***

Medication

Upon discharge, your nurse will give you any prescriptions left for you by your surgeon.

What to Expect

- You may experience water pinkish discharge or normal menstrual flow for a few weeks after the procedure
- You may experience cramping in the evening and the day after the procedure
- Your regular periods may be very light to no flow

Contact your Surgeon or Family Doctor if:

- You have foul smelling vaginal discharge
- You develop a fever, with a temperature greater than 38 degrees Celsius
- You have severe abdominal pain

Make an appointment to see your Surgeon 6 weeks after surgery for follow-up.