

ACTIVITY

You may use stairs and take short walks. Gradually increase your exercise and activity as tolerated.

Avoid heavy lifting (more than about 10 pounds).

Sexual activity or using a tampon should be avoided for 2- 3 weeks.

PAIN MANAGEMENT

Cramping is a common side effect for the next few days.

You will be given a prescription for pain medication to be taken at home if needed.

Generally, Tylenol or Extra-Strength Tylenol or an anti-inflammatory will be sufficient to control any discomfort you may have.

REMINDER

Make a follow-up appointment with your doctor as directed.

Further instructions:



Care After Your Endometrial Ablation

Patient Education

Surgical Services Patient Education

10/05/2018

BLEEDING/DISCHARGE

You may experience light vaginal bleeding after surgery. You may also note a watery or blood-tinged weepy discharge for several days after surgery. This usually subsides after several weeks.

After an ablation you may no longer have menstrual periods or they may be very light or normal in flow. A small percentage of individuals (10-20%) will continue to have heavy bleeding after an ablation.

If you find your bleeding is unchanged or if it returns to heavy flow over time, notify your physician to discuss alternative treatment options.

PERSONAL CARE:

Your cervix has been dilated to allow for instruments to be used inside the uterus.

To prevent bacteria from entering this area, do not use anything vaginally for two weeks – no intercourse, no tampons.

It is best to avoid soaking in a tub as bacteria in the water can enter the uterus.

DIET:

You may resume your regular diet

CALL YOUR DOCTOR IF:

- Vaginal bleeding (more than one pad every hour)
- Have a fever higher than 38.5 °C or 101 °F
- Foul smelling vaginal discharge
- After voiding, you have a fullness sensation in the bladder (may be retention)
- Severe pain that is not relieved by pain medication
- No urine draining from the catheter if you have one