



Endometrial Ablation

You recently had a procedure called an endometrial ablation. This handout explains what to expect during your recovery period. Please read these instructions now and refer to the at home after your procedure. We hope your recovery is quick and easy.

Personal Care

During surgery, your cervix was dilated so that the instruments could be used inside your uterus. To lower your risk of infection in this area:

- Do **not** put anything into your vagina for 2 weeks after surgery. This means you cannot use tampons, douche, or have sexual intercourse.
- Do **not** take a bath, soak in a hot tub, or go swimming for 2 weeks. Bacteria from water can enter your uterus.

Bleeding and Vaginal Discharge

Ablation destroys the uterine lining (endometrium), and this decreases your menstrual flow. You may have some bleeding afterward. This bleeding can be like a light or heavy watery period or a watery bloody discharge that lasts up to a month. Sometimes the bleeding can stop completely and then start again. It should not be heavier than your usual menstrual period. Also, because your uterus was affected by the procedure, your usual menstrual cycle may change. Your period may start a few days to later months or later than expected. Your period may also be more painful a couple cycles after surgery.

Activity

- Do not drive if you are taking opioids, a type of prescription pain medication.
- Avoid strenuous activity or sport for about a week after surgery. You may resume your other daily activities as you feel able.
- You may get tired easily after your surgery, anesthesia, and from the medications you are taking. Each person recovers at a different rate after surgery.

Pain

After an endometrial ablation, most women have a strong cramping, this usually occurs the day of surgery, and it may last for several days.

- You will be given pain medicine to take home. Take this medicine as directed. Pain control works best if you take the medication as soon as you begin to feel discomfort. Do not wait until the pain is severe.
- For most patients, non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Motrin or Advil) works best to control their pain. If your doctor tells you to take

ibuprofen for pain, take 600mg every 6 hours with food for the first 24 to 72 hours after your surgery.

- Rarely, a patient has severe pain and needs prescription pain medicine such as Norco in addition to the ibuprofen. **Follow the specific instructions your doctor gives you for pain medicine**

Follow-up Visit

Most women have a follow-up visit about 2 weeks after their surgery. At this visit, your doctor will review the findings from your endometrial ablation and talk with you about your treatment plan as needed. If this visit has not yet been scheduled call that office as soon as you can.

