



ENDOMETRIAL ABLATION

Date of Surgery _____

Please bring this booklet the day of your surgery.

Quinte Health Form #385

What is Endometrial Ablation?

Endometrial Ablation is a surgical technique used to remove the endometrial lining of the uterus.

You may still have periods, but they are reduced in the amount of flow and may be completely absent.

Under anaesthetic, your surgeon will insert a telescopic instrument through the vagina and into the uterus. The lining of the uterus is ablated or destroyed using a heat-generated tool inserted through the viewing tube.

At Home After Surgery

You may have mild cramping and discomfort lasting 1-2 days. It can be relieved by Extra Strength Tylenol or Advil (if not allergic). Your Doctor may give you a prescription for stronger pain medication.

Nausea, vomiting and dizziness may be experienced for 24 hours after surgery. You may obtain an anti-nausea medication at any Pharmacy without a prescription (i.e. Gravol, Bonamine) to relieve these symptoms.

Diet is as tolerated. The first 24 hours you may want only fluids and maybe toast or crackers. Drink plenty of fluids (water, juice) if you are not nauseated.

You may have frequent urination for the first day or so.

At Home After Surgery

Rest and only participate in light activity for the first 2 days, then resume your normal activities as tolerated.

Ask your Doctor when you can return to work.

There will be some bleeding or discharge for 2-4 weeks. This should not be heavier than a normal period. If heavy bleeding occurs, call your Doctor.

You should use pads only. Do **not** use tampons for at least a week or until your Doctor advises.

No intercourse for at least a week or until your Doctor advises, due to risk of infection.

You can shower or tub bath as you wish.



Call your Doctor or go to the nearest Emergency Department if you experience:

- Foul-smelling discharge
- Abdominal pain

Appointment

Call your Doctor's office the next working day to make a follow-up appointment.

Special Instructions

Questions?

Developed by: Surgical Services, 2003

Approved by: Department of Gynecology, Quinte Health

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