



# Endometrial Ablation

Post operative instructions



139 Dumaresq Street Campbelltown  
Phone 4628 5292 • Fax 4628 0349

[www.nureva.com.au](http://www.nureva.com.au)

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## **Post operative care following Endometrial Ablation**

You have just had an Endometrial Ablation. This is an operation used to destroy the lining of the womb and is performed to relieve the symptoms of heavy periods. The operation has gone very well and you should be able to go home the same day.

### **What to expect after the operation:**

- You should rest as much as possible for the first 48 hours after the operation. You may feel tired and drowsy. You should avoid driving, alcohol or making any important decisions.
- **Bleeding and vaginal discharge.**  
You may get some vaginal bleeding as well as watery vaginal discharge following the operation. This may last up to 3-4 weeks after the operation and is normal as a reaction to burning of the lining of the womb.
- **Pain.**  
You may experience cramping pains for several days up to 2 weeks post surgery. You can take Panadol or Naprogesic or any similar pain killers for this. If the pain increases in severity, you should contact me or go to Campbelltown Hospital.

### **Frequently asked questions:**

**(Q)** When can I return to work?

**(A)** Some patients may return to work the following day. Sometimes you may require 3-4 days off. It will depend on your recovery and should be individualised. If you need a medical certificate, please let my rooms know.

**(Q)** Should I use tampons or pads?

**(A)** To minimise the risk of infection you should not use tampons and use sanitary pads.

**(Q)** When can I resume intercourse?

**(A)** You should not engage in intercourse until discharge has completely settled. Ideally you should not resume intercourse until I have reviewed you for post op visits.

**(Q)** How successful is the operation?

**(A)** After the operation you may still continue to have periods, however they should be a lot lighter than previously. Approximately 50% of women will not have periods at all, however this cannot be guaranteed. In 10% of patients the operation is unsuccessful. If this is the case I will need to discuss with you other treatment options. Your bleeding pattern may not become apparent until 3 months after the operation, therefore it is wise to wait at least 3 months before contemplating any further decisions.

**(Q)** Can I fall pregnant?

**(A)** The procedure does not prevent pregnancy, therefore you should continue to use effective contraception. You ***should NOT fall pregnant*** after the procedure as there may be potential complications associated with the pregnancy.

**(Q)** When do I need to see you again?

**(A)** I would like to see you again 4 weeks after the operation. Please contact my rooms on **4628 5292** to make an appointment.

### **Complications**

If any of the following occur please notify me immediately or go to Campbelltown Hospital Casualty

- Increasing abdominal or pelvic pain that is not relieved with simple analgesics
- Heavy vaginal bleeding or offensive vaginal discharge.
- Temperature greater than 38.5 that is not improving.

## When to seek medical advice

- Increasing abdominal pain or severe nausea and vomiting
- Heavy vaginal bleeding or offensive vaginal discharge
- Temperature greater than 38.5

