



## Post operative instructions for Endometrial Ablation

### **Activity**

You may resume most normal activity as you feel up to it. Since we place an instrument inside the uterus (womb) through the vagina during this operation, you should expect some vaginal bleeding and discharge for a few days, followed by a pinkish, watery discharge for two weeks after the procedure. Some women will continue to have a watery discharge for several weeks which is a normal part of the healing process. In some cases, your first few periods after treatment may still be heavy, but they should improve after that. To allow proper healing, avoid placing anything in the vagina (tampons, douching, sexual intercourse) until we see you back for your visit in two weeks.

### **Pain relief**

Pain from this procedure generally resembles menstrual cramping. For this, we recommend using over-the-counter pain relievers such as ibuprofen (Advil), naproxen (Aleve), and acetaminophen (Tylenol). If your pain requires more relief, please call us.

### **Things to watch and call for:**

If your bleeding becomes heavier, you pass large clots, or the bleeding lasts more than one week.

If you develop a foul smelling vaginal discharge.

If you develop a fever greater than 100.0 degrees.

If your abdominal pain starts getting worse.

If you develop nausea or vomiting, or if you have trouble having a bowel movement.

If you have new and sudden chest pain, difficulty breathing, or cough up blood.

Please call if you have any concerns or questions not covered here.

**Return or a post-operative visit in \_\_\_\_\_**

Call the office for this appointment.

Phone numbers: Bel Air office: 443-643-4300, Havre de Grace Office: 410-939-3121

Your Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Nurse Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Bel Air  
520 Upper Chesapeake Drive, Suite 301 • Bel Air, MD 21014 • Phone: 443.643.4300 • Fax: 443.643.4303

Havre de Grace  
308 North Union Ave • Havre de Grace, MD 21078 • Phone: 410.939.3121 • Fax: 410.939.9411

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