

Endometrial Ablation Instructions

1. Preprocedure – You should be abstinent or use highly effective birth control for 14 days prior to procedure in order to avoid accidental interruption of an early pregnancy.
2. Spotting – You will notice blood tinged watery vaginal discharge for 14-21 days after the surgery. During the first week avoid tampons or douching as they may introduce bacteria into the uterus. You may have contractions of your uterus.
3. Pain Medication – Pain Medication – Most patients use a combination of over the counter Ibuprofen and a prescription narcotic for pain control after the procedure. Take two 200mg tablets of Ibuprofen the night before your surgery. After the surgery is over take three 200mg tablets every eight hours for the next three days. The prescription narcotic should be taken as directed and as needed.
4. Activity – Increase your activity as tolerated with no lifting more than 15 pounds for two weeks after the surgery. Be sure to move extremities – i.e. rotate ankles and flex knees during this period of decreased activity as this promotes good venous return and prevents blood clots. Avoid driving for the first week after the surgery or longer if you continue to require pain medication.
5. Diet – There should be no change in your diet.
6. Sexual Activity – You should wait two weeks after the surgery is over before resuming activity. More importantly you should wait until you feel emotionally ready to begin this intimate activity which may take longer than a week.
7. Reasons to Notify Our Clinic –
 - Worsening pain.
 - Foul smelling vaginal discharge.
 - Fever greater than 100.4 degrees farenheight.
 - Nausea/vomiting.

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