
UTERINE ABLATION POST OP INSTRUCTIONS

You have had a surgical uterine ablation today for abnormal uterine bleeding. The procedure involves the insertion of a device into your uterus, and using heat to thin out (ablate) the lining of your uterus. The expectation is that this procedure will reduce your menstrual bleeding to normal levels; some women have little to no period after a few months.

You will experience moderate to severe cramping for about 1-4 hours after the procedure. Some women find the cramping intense for the first few hours, but then it decreases significantly by the time they leave the recovery room. For some women, the cramping may continue for up to 24 hours after the procedure. You can take Tylenol or over the counter Ibuprofen for the discomfort (unless you have allergies or sensitivities to these medications). If indicated, a prescription for pain medicine has been left for you and you should feel free to use it if you need to. Since many of the anesthetic and pain medications used around the time of your surgery cause constipation, you should take a stool softener (available over the counter) once or twice daily until you feel your bowels are back to normal.

Please be aware that you will have a moderate amount of a watery discharge for about 3 weeks after the procedure. The discharge may be bloody for the first 7-10 days. The discharge may be enough to wear and/or change a sanitary pad.

You can resume usual activities when you are able to do so. There are no restrictions for walking, lifting, exercising, or showering. You should refrain from bathing, swimming and intercourse for 10 days after the procedure. You do not need a follow up appointment. If there is any pathology report from the procedure, you will be notified of the results in 7-10 days.

There are rare postoperative problems after this procedure. If you experience any of the following:

- Fever greater than 100.4 degrees
- Foul smelling discharge
- Heavy bleeding
- Severe cramping that lasts greater than 48 hours

you should contact the office during office hours at 978-927-4800. If you have an urgent problem related to the surgery, and feel that you cannot wait until office hours, please call the above number and ask to speak to the on-call doctor.