Endometrial Ablation

*Endometrial Ablation* is a procedure that destroys the endometrium, which is the lining of the uterus. The lining is destroyed with a mild electric current or a laser. Ablation can reduce or stop heavy internal bleeding.

**Diet**
- Clear liquids initially. Gradually advance to your regular diet.

**Medications**
- Take pain medication as instructed by your physician.
- Resume all medication as taken before the surgery unless otherwise instructed by your doctor.

**Activities and restrictions**
- No driving or strenuous activity for 24 hours.
- Minimal activities for the next 2-3 days.
- You may have abdominal cramping for 2-3 days and/or vaginal bleeding or spotting for a week.
- Use good hygiene by wiping from front to back after elimination.
- Showers are preferred to tub baths for 3-4 days.
- No douching, tampons, vaginal gels or intercourse until instructed by your physician.

**Reasons to contact your physician**
- Fever
- Bleeding heavier than a menstrual period
- Abdominal cramps more severe than menstrual cramps
- Any other unusual reactions or concerns