

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.

Before the day of surgery:

- Ask your doctor if you need to stop blood-thinning medicines like aspirin or coumadin.

On the day of surgery:

- You will need to arrive 1 ½-2 hours before surgery. A nurse will interview you, start an IV and answer any questions you have.

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