

Endometrial Ablation

Post Procedure Instructions

1. Following your procedure you may have mild pelvic cramping and vaginal discharge that is bloody or watery. This is not unusual and should subside over the next few days. Pain medication will be prescribed. You may take Ibuprofen 600 mg every 6 hours as needed for discomfort. A heating pad or hot water bottle can be placed on your lower abdomen to ease discomfort, as well.
2. Do not put anything in the vagina until discharge resolves: no douches, tampons or sexual intercourse, as bleeding may occur.
3. Please call our office if you have any of the following symptoms:
 - Bleeding heavier than a menstrual period
 - Severe cramping
 - Fever over 101 degrees, shaking and/or chills
 - Foul smelling discharge
 - Any other symptoms of concern
4. You may resume a regular diet.
5. You may return to work 24 hours after the procedure.