

Endometrial Ablation: *Home instructions*

Recovery is different for every woman. Expect to return to normal activity after 24 hours and to have some lingering effects for 2 to 3 weeks after your procedure. Be sure to follow your own care team's specific instructions if different from what you see here.

Self care during the first 24 hours

During the first 24 hours:

- **Don't drive or use machinery.** Have someone drive you home after the procedure.
- **Have someone stay with you.** If you have any problems or side effects from the anesthesia, you may need help. (Nausea, dizziness, and sleepiness are common in the first hours after ablation.)
- **Don't drink alcohol** — or at any time while taking narcotic medicine.
- **Expect frequent urination.**

Expect vaginal discharge

After ablation, it's normal to have vaginal discharge for 2 to 3 weeks. At first, the discharge starts out as a watery pink fluid (perhaps with some small pieces of endometrial tissue) and may be heavy during the first 3 days after your procedure. Gradually, it changes to a brownish color and becomes lighter. Here's what to do:

- **Use pads to absorb discharge.** Change them every time you go to the bathroom.
- **Don't use a douche or tampons.**

When can I have sex?

Don't have sex until your doctor says it's okay. Tell your partner that it's important to check with the doctor before having sex to protect your healing.



What do I need to do next?

- 1 Have someone stay with you for the first 24 hours after the ablation.
- 2 Manage your pain.
- 3 Increase your physical activity slowly.

Manage pain

For the first few days after your procedure, you may have pain in your lower abdomen (belly), which may feel like menstrual cramps. To help ease the pain:

- **Place a hot water bottle or heat pad on your abdomen for a half hour at a time.** Don't sleep with a heating pad on, however.
- **Take any pain medicine as your doctor directs.** Most of the time, an over-the-counter pain medicine such as ibuprofen (Motrin, Advil) is all you need.

Increase physical activity slowly

You can go back to work and exercise as soon as you feel able to. Many women can work the day after their ablation procedure.

Bathe carefully

You can shower as soon as you like, but don't soak in a bath, hot tub, or swimming pool. Wait until your vaginal discharge has completely stopped — usually about 2 to 3 weeks after your procedure.

