



Post operative information after Endometrial Ablation Procedure under General Anaesthetic

What happens when I go home?

- You will have a watery vaginal discharge following the operation, which may continue for 2-3 weeks, therefore to minimise the risk of infection sanitary pads should be used **NOT TAMPONS**.
- Intercourse should not be resumed until the discharge has completely settled.
- You may have mild to moderate discomfort similar to menstrual cramps for a few days. Paracetamol (Panadol) should be effective for the pain.
- For the next 2 weeks you should not
 - Go swimming or use spa pools
 - Do any heavy lifting or sports such as jogging, aerobics, netball or go to the gym
 - Drive a car, drink alcohol or make any major decisions for 24 hours
- You may
 - Shower but not have baths
 - Return to work and most normal activities two days after your procedure as long as feel well enough.

After the operation, you may still continue to have periods but these should be a lot lighter.

The procedure does not prevent pregnancy but pregnancy should be avoided. If applicable, you should discuss any contraception needs with you doctor.

Please contact your GP, surgeon or after hours Clinic after surgery if you experience any of the following:

- Lower abdominal pain or pelvic pain
- Feeling unwell, fever and chills or any other signs of infection
- Pain or back aching that will not go away
- Offensive discharge