



Christopher M. Lynch, MD
Corinna A. Cooper, MD

Abigail R. Proffer, MD

Jaclyn Piszczek, MD
Jessica Williams, MD

ENDOMETRIAL ABLATION DISCHARGE INSTRUCTIONS

Diet

As soon as you feel like it, you may eat and drink as usual.

Activity

- You may resume activity as tolerated.
- Avoid intercourse, tampons and douches until your bleeding and discharge from surgery resolves.
- You may return to work and exercise within 248 hours.
- You may shower or take a bath.
- You may drive as long as you are not experiencing significant pain.

Pain

If you are experiencing pain, you can take Ibuprofen (Advil/Motrin) 600mg every 6 hours and Tylenol 650mg every 6 hours. Alternating these medications should control any pain you may experience after surgery.

Bleeding

You will have watery vaginal bleeding for 2-4 weeks after your surgery. Continue to use a pad at home until resolves and call if there is excessive bleeding. Bleeding is too heavy if it saturates through a maxi pad in 1 hour for 2 hours in a row.

Warning signs

Please call our office if you experience any of the following: uncontrolled pain, fever > 100.4, heavy vaginal bleeding, nausea or vomiting.

Return Appointment

You should have a follow up appointment scheduled within 2-4 weeks. If not, please call our office to schedule.

Pathology

If you have pathology, we generally received it back within a week. Your doctor will either contact you with the results or go over them with you at your post op visit.

NOTE: If these instructions differ from what you were told, please follow your physician's instructions.