



## JOHNSON COUNTY OB/GYN, CHARTERED

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### ENDOMETRIAL ABLATION DISCHARGE INSTRUCTIONS

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1. General anesthesia usually takes 24 to 48 hours to be completely clear from your body. General anesthesia often makes people tired. It is similar to just recovering from the flu. It is a good idea to limit your activities until this feeling passes.
2. It is normal to experience a watery, often bloody vaginal discharge for several days. This can even occasionally last up to three to four weeks, although the normal time frame is one week.
3. Do not use tampons during the healing phase. This is usually four weeks. Intercourse should be avoided during this same time frame.
4. It is not unusual to run a low-grade temperature during the first two to three days. However, any temperature above 100° that is persistent needs to be reported to your doctor.
5. Seventy-two hours after your procedure, you may resume all normal activities. However, it is advisable not to exercise or perform any extra activities until seen in the office for your check-up.
6. It is not unusual to see some vaginal bleeding after this procedure. However, this should never exceed the bleeding of a heavy period. Any bleeding that requires the use of a pad per hour and continues for several hours needs to be reported to your doctor.
7. Some people experience mild menstrual-like cramping for the first 24 to 48 hours after the procedure. A prescription for an anti-inflammatory may be given to you before you leave the surgery center. This is a mild analgesic and does not contain any narcotic. It should be taken as directed as needed.
8. A final check-up in the office should be made in four weeks. Please call the office to arrange this office visit.
9. Please call the office at (913) 236-6455 if you have any symptoms you feel are not normal or that you have questions about. We would rather hear from you than have you worried about an unusual symptom.

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