



AFTER YOUR ENDOMETRIAL ABLATION (DISCHARGE INSTRUCTIONS)

ACTIVITY:

Resume your daily activities gradually, you may return to work in a couple of days if you are feeling well.

NUTRITION:

Resume your usual diet. Drink plenty of fluids and eat light meals the day of your procedure.

HYGIENE:

You may shower.

CARE:

After the procedure, you may have

- Some mild cramping
- Watery or blood tinged discharge –up to 2 or 3 weeks post procedure.
- It is recommended that you avoid tampons, douching or intercourse for 4 weeks.
- If you should notice discomfort, Tylenol or Ibuprofen is recommend

FOLLOW-UP:

Make an appointment to see your physician post-operatively in 2 weeks.

DRIVING:

You may not drive a motor vehicle, operate machinery, drink alcohol or make legal decisions for 24 hours after your surgery.

CALL YOUR DOCTOR OR GO TO THE NEAREST EMERGENCY DEPARTMENT IF:

- You have heavy vaginal bleeding
- You have a fever greater than 38 degree C.
- Severe abdominal pain
- Foul smelling vaginal discharge

If you require general information or any questions and you are not able to contact your Doctor. Please call:

Health Link Alberta

Call toll free:

1-866-408-LINK (5465)

Edmonton: 780-408-LINK

Calgary: 403-943-LINK

LAMONT HEALTH CARE CENTRE

Community Liaison Program

(780) 895-2211

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