

PERIOPERATIVE SERVICES

Post-Procedure Instructions

Ablation Therapy

Ablation therapy is a type of minimally invasive procedure used to remove abnormal endometrial tissue, which has led to abnormal bleeding.

PAIN:

You may have some cramping. Tylenol™ Extra Strength and or Ibuprofen should be sufficient for pain control if your surgeon has not given you a prescription.

OPERATIVE SITE:

There may be some light pinkish to brownish vaginal discharge after your procedure for about two weeks, sometimes as long as a month.

ACTIVITY:

Take it easy for the rest of the day. Resume activity as tolerated the next day. You may resume showering the same day as your surgery. Refrain from swimming and bathing while bleeding or spotting. Sexual activity can be resumed after 6 weeks.

DIET:

Resume your usual diet.

FOLLOW-UP:

Your surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

ADDITIONAL INFORMATION:

- **Do not** use tampons for the first month after surgery.
- There may be no change in the first few periods following your procedure.

CONTINUED ON OTHER SIDE →

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Call your surgeon or go to the Emergency Department if you have any of the following:

- Elevated temperature (38°C or 100.4°F) and/or chills lasting more than 24 hours
- Worsening pelvic pain not relieved by the medication prescribed by your surgeon
- Nausea or vomiting
- Bowel or bladder problems
- Greenish vaginal discharge or a foul odor
- Concerns following your procedure

Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your doctor and healthcare team about your particular health care needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands save lives.