**SURGICAL SERVICES**

# Post-Procedure Instructions

# Ablation Therapy

Ablation therapy is a type of minimally invasive procedure used to stop excessive vaginal bleeding.

**PAIN:**

You may have some cramping. Take Tylenol™ Extra Strength and or Advil 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 up to 4 to 6 weeks.

**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 until you speak with your surgeon. Your surgeon will advise you on when you are able to swim and/or take a bath.

You may have a shower or bath tomorrow. 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.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**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.

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

* Elevated temperature (38ºC or 100.4ºF) 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.

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same." Clean hands save lives.