

# Endometrial Ablation Fact Sheet

## Technique

Procedure involves two steps:

- The inside of the uterus is viewed using a hysteroscope. A hysteroscope is a special telescope designed to view the inside of the uterus. Any abnormalities are removed by scraping out the uterine lining.
- A device is placed into the uterine cavity and electrical energy is applied to the unit. The heat created from this unit destroys the lining of the uterus.

## Incisions

No incisions are required for this procedure.

## Operative Time

- Operative times vary greatly depending on the findings at the time of surgery. Your surgeon will proceed with safety as his/her first priority.
- Average times range from 15-30 minutes.

## Anesthesia

General anesthesia

## Preoperative Care

- Schedule your case immediately after your period.
- Nothing by mouth after midnight

## Hospital Stay

Day surgery

## Postoperative Care

- These guidelines are intended to give you a general idea of your postoperative course. Since every patient is unique and has a unique procedure, your recovery may differ.
- An anti-inflammatory pain medicine such as ibuprofen or naproxen is usually required for the first several days. Most patients do not need opioid pain medications.
- Driving is allowed once the anesthesia has worn off.
- If they desire, patients may return to work the day after the procedure.
- You may experience a heavy vaginal discharge for up to 2 weeks after the procedure. If it is not associated with increasing pain or fever, it is nothing to worry about and will resolve. This discharge includes the tissue that was destroyed during the procedure.

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