

**POST-OPERATIVE INSTRUCTIONS**  
**ENDOMETRIAL ABLATION SURGERY**

1. You may immediately resume a normal diet.
2. Most patients have only mild cramping after this surgery.  
  
*Tylenol or Extra Strength Tylenol, 2 tablets every four hours or over-the-counter Ibuprofen, 200 milligrams (3-4 tablets every six hours) should be adequate for the discomfort you are having, but your physician may give you a prescription for pain medication as well.*
3. You should schedule a post-operative appointment two weeks after surgery.
4. Expect some light bleeding for up to two weeks. Avoid intercourse, tampons, or douching for two weeks.
5. Call if you have severe pain or heavy bleeding (soaking a pad every hour), or if you have an oral temperature of 100.4 degrees or more.
6. It is normal to have a yellowish discharge during the healing process for the first few weeks after surgery.
7. Please remember that endometrial ablation cannot be relied on as an effective method of birth control. **Do not hesitate to ask for assistance in determining a reliable form of birth control for you.**

**UTAH VALLEY WOMEN'S CENTER**  
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