MICROWAVE ENDOMETRIAL ABLATION

The following information will assist you with the follow up care required after your Microwave Endometrial Ablation.

- This is an operation used to destroy the endometrium (the lining of the womb).
- It is performed to relieve the symptoms of menorrhagia (heavy periods).
- You will have a watery vaginal discharge following the operation, which may continue for 2 – 4 weeks.

The procedure does not prevent pregnancy, but pregnancy must be avoided after removal of the uterine lining as it can be dangerous to both foetus and mother.

Pain:

- It is normal to experience mild menstrual-like cramping for a few days.
- Applying hot packs to your abdomen may help ease the cramps
- Simple analgesia like Panadol should be effective.
- You should be able to return to work after 2 – 4 days.

Restriction of activities:

To assist your healing and safety, we recommend that you:

- Do not use tampons until your next period.
- Do not have intercourse while the discharge is still present.
- You may shower but do not have a bath or go swimming while a discharge is still present.
- Avoid strenuous activity for at least 1 week after surgery.

The above instructions are to allow time for your cervix to heal and to reduce the possibility of infection
Seek medical advice if you experience any of the following:

- Heavy bleeding or passing of clots (ie if you need to change your pads hourly or more frequently)
- Pain not relieved with simple analgesia
- Fever
- An unpleasant discharge.

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If you have any concerns or questions, please contact your GP or ring the Canberra Hospital on: 02 62442222 and ask for the Emergency Department.

Your follow up appointment is:

- [ ] GP
- [ ] Gynaecology Outpatients (Please phone (02) 6244 3677)
- [ ] Surgeon