

Post Endometrial Ablation Instructions

1. It is very important to that you take your pain medication as prescribed. If you do not stay on top of the pain, it can quickly worsen once the pain medication and the local pain medication wears off.
2. The pain medication can make you nauseous. Take the Phenergan or Reglan as prescribed. This can make you drowsy.
3. If you have a fever greater than 100.5 or severe abdominal cramping, call the office **208-746-1383 ext 6510**. If it is after hours or on the weekend please have the on call doctor paged.
4. It is common to have brownish/ bloody discharge for 3-5 days after the procedure, and then a watery discharge for another 2-6 weeks.
5. You may resume all normal activities in 2-3 days and intercourse in 4-6 weeks. You may begin to use tampons in 6 weeks.
6. Please make sure to set up your post procedure phone call for 4 weeks after your procedure.