

Instructions for after Endometrial Ablation

Activity:

Rest for the remainder of the day even if you feel you don't need to. Sometimes patients feel good and then tend to over do it and find they pay for it later in the day or the next day. This means no cooking, cleaning, etc for the next 3 days. (Just kidding, this usually gets your husband's attention though, but seriously, rest for at least 12-18 hours.) No intercourse, douching, or tampon use till seen in about 1 week for your post op visit. You may increase your activity as tolerated tomorrow. You may drive tomorrow if you are not using any narcotic medication and feel able to drive.

What to expect:

There will be some bleeding and/or discharge that may last as long as 3 weeks. It may start, clear up, and then reappear. If you notice a foul odor or are having bleeding that is requiring you to change a pad every hour, then you need to call me. You can expect some cramping that may last a few days, but usually doesn't.

What to watch for and when to call:

Temperature of >100.4. You don't need to take your temperature unless you suspect a fever.

Bleeding that requires you to change a pad every hour

Persistent nausea and/or vomiting

Foul smelling discharge

Worsening pain

Any questions or concerns

Medications:

You should take 1 Motrin tablet 2 times a day for 2 days and then continue to use as needed for pain. This medication tends to work better for cramping than the Vicodin ES, but you may add in 1-2 Vicodin ES every 4 hours as needed for any pain not controlled with the Motrin. If your pain relief is inadequate with the Motrin and the Vicodin ES, please call. Continue to take your antibiotics each day until they are finished.

How to reach Dr. Ahdoot:

The office phone number (949) 453-1173. If it is after office hours or weekends, you can call my office and leave a message with the answering service and they will page me as soon as possible. If I don't respond within 10-15 minutes, please call my office again and have me re-paged, as the numbers may not have all gone through and I wouldn't know who to call.