

**DISCHARGE INSTRUCTIONS**  
***AFTER YOUR ENDOMETRIAL ABLATION***

Dr. Peter Wilbanks  
(804) 288-4084

1. You may resume your usual diet once the nausea resolves. Initially, try sips of warm fluids and a bland diet.
2. Avoid heavy lifting and straining. Gradually increase your activity. First, try walking and doing light activity around the house. Resume your normal habits if no significant discomfort or bleeding develops. Most women can return to work within one to four days after this procedure.
3. You may take showers. Avoid using a tub bath, swimming pool or hot tub until after your check-up.
4. Do not place anything in your vagina until after your postoperative visit. Do not douche, use tampons, or have intercourse because this may cause bleeding and infection.
5. You may initially experience a heavy bloody discharge. This should not be more than your menstrual flow. The discharge may continue for several days or a few weeks.
6. Typically following the procedure, there is crampy, menstrual-type pain. You may feel cramps in your lower abdomen. Tylenol or Ibuprofen may relieve mild cramping. If pain medication does not improve your symptoms, you should contact your physician.
7. Contact the office if you have excessive bleeding (saturating a pad an hour for two hours or passing large clots). It is also necessary to speak with your physician if you develop chills, a temperature greater than 100.4, difficulty voiding or burning on urination.
8. Your physician may want to see you in the office after your Endometrial Ablation. Please call for an appointment if this has not already been arranged. Our office phone number is (804) 288-4084. If appropriate, the microscopic results from your procedure will be discussed at your follow-up visit.
9. Don't drive the day of surgery or while taking narcotic pain medications.
10. Do not drink alcoholic beverages for the next 24 hours or while taking narcotic medications.
11. Do not make any important decisions or sign important papers for 24 hours.

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Patient/Representative Signature

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MD/Nurse Signature

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Date