

Endometrial Ablation



What is an Endometrial Ablation?

An endometrial ablation is a procedure that uses technology to destroy the lining of the uterus to reduce menstrual flow.

Why would I get This procedure?

An endometrial ablation is used to treat excessive menstrual blood loss. After an ablation, many women have significantly less or no bleeding during and/or between their periods. Most women experience less pain as well.

Pregnancy is not likely after an ablation, but it can happen; this can be very dangerous to both mom and baby and must be avoided. If you are having an endometrial ablation, long-lasting contraception or sterilization is recommended to prevent pregnancy.

**This procedure
is only for women
who are done having
children.**

Who should not have an ablation?

Endometrial ablations should not be done in women who still want to have children or women past menopause. It is not recommended for women with certain medical conditions, including the following:

- Disorders of the uterus or endometrium, including some types of fibroids
- Endometrial hyperplasia
- Cancer of the uterus
- Recent pregnancy
- Current or recent infection of the uterus

How is an ablation performed?

There are different techniques that can be used to perform an ablation and some ablations can be done in the office. The procedure usually takes about 10 minutes to complete. All the different techniques generally have the same success rate.

The following methods are those most commonly used to perform an ablation:

- **Radiofrequency** — A probe is inserted into the uterus through the cervix. The tip of the probe expands into a mesh-like device that sends radiofrequency energy into the lining. The energy and heat destroy the endometrial tissue.
- **Heated fluid** — Fluid is circulated in the uterus through a hysteroscope, a slender, light-transmitting device. The fluid is heated and stays in the uterus for about 10 minutes. The heat destroys the lining.
- **Electrosurgery** — Electrosurgery is done with a resectoscope, a slender telescopic device that is inserted into the uterus. It has an electrical wire loop, roller-ball, or spiked-ball tip that destroys the uterine lining. This method usually is done in an operating room with general anesthesia. It is not as frequently used as the other methods.
- **Cryotherapy** — Treatment using cooling technology to remove the lining of the uterus.

What to expect after the procedure

- Fatigue
- Menstrual type cramps for up to 24 hours
- Watery or yellowish discharge for up to two weeks
- Irregular vaginal bleeding or spotting for your first couple of menstrual cycles after the ablation

Instructions following the procedure

- Okay to shower as normal
- No sexual intercourse, baths, or swimming for one week
- Restrict lifting to less than 10 lbs for a few days
- May return to work within one day
- Stay active: may walk, climb stairs, etc., but listen to your body. If you feel tired or get cramps, slow down a bit.

WHEN TO CALL OUR OFFICE



Fever greater than 100.5°



Worsening pain that can't be relieved with over-the-counter pain medication



Heavy bleeding that saturates a pad in one hour's time



Any foul smelling vaginal odor or green discharge (red, brown, or yellow is normal)



Questions?
Call or text 920.729.7105

As a part of our Circle of Care, PT Center for Women offers specialized physical therapy services to women of all ages with certain complications or needs, often following pregnancy or surgery. With the right approach, support, and treatment, our therapists can decrease pain, improve function and muscle strength, and address any problems.

Our physical therapists treat:

- Bladder issues
(leakage or difficulty urinating)
- Bowel dysfunction
(constipation or leakage of stool)
- C-section or episiotomy scar pain
- Diastasis recti
(separation of abdominal muscles)
- Dyspareunia
(painful intercourse)
- Headaches
- Low back, SI joint & tailbone pain
- Pelvic organ prolapse
(fallen pelvic organs)
- Pelvic pain
- Postpartum pain
(pain after pregnancy)
- Pregnancy-related pain

For more information or to schedule an appointment, call or text 920.729.2982 or visit ptcenterforwomen.com.



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Begins With You!*



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