

Endometrial Ablation/Resection Operative Hysteroscopic Surgery

Endometrial ablation/resection

Endometrial ablation and/or endometrial resection are treatments for women who have very heavy or prolonged bleeding during their periods. Both of these treatments destroy the lining of the uterus with the use of heat (cauterize). The uterus (endometrium) then heals by scarring which usually decreases or stops bleeding. This procedure is done by hysteroscopy.

What is a Hysteroscopy?

A hysteroscopy is a way of seeing the inside of your uterus and other reproductive organs using a narrow tube that has a light and camera (hysteroscope). This tube is inserted into your vagina and gently moved through the cervix and into the uterus. This allows surgeons to see everything on a monitor and perform the procedure. No incisions are made during this surgery.

Pain

After the procedure, you may experience cramps, discomfort and pain. Ways to relieve this pain include:

- taking your pain medication as prescribed by your doctor
- walking and moving around with frequent rest periods
- applying heat (you may use a heating pad, heat pack or warm blanket) to your abdomen
- doing deep breathing and relaxation exercises

Bleeding

It is normal to have some bleeding/spotting and discharge for up to 12 weeks. By this time, you should be able to tell how well the surgery worked. Your periods should be lighter than before or have stopped completely.

Activity

You may return to your usual activities the day after surgery if you are feeling up to it.

Personal care

It is important to avoid baths, swimming, using tampons or having intercourse until advised by your doctor. This is usually until after your follow up appointment which is about 6 weeks after surgery.

Follow-up appointment

You will be given information about a follow-up appointment before you go home.