



**Dr Harrie Swanepoel**

MBChB(PRET), FCOG(SA), MMED (OetG)(PRET), FRANZCOG

ABN: 20 883 693 898 Provider No. 2911696A

39 Crofton Street

Bundaberg QLD 4670

Phone: +61 (07) 4331 1545

Fax: +61(07) 4151 0522

Email: bgosreception@gmail.com

## Recovery after Endometrial Ablation

*Wishing you a speedy recovery*

### Going Home

You should be able to go home on the same day as your endometrial ablation. If you had an general anaesthetic, you may need to stay in hospital for a few hours until it has worn off. If you had a general anaesthetic, you won't be able to drive for at least 24 hours, so you'll have to arrange for someone to take you home.

### Recovering at home

It's a good idea to rest when you get home.

If you had a general anaesthetic, someone should stay with you for at least 24 hours until the effects of the anaesthetic have worn off. Don't drive or drink alcohol during this time.

While you recover, you may experience:

- **cramping that's similar to period pain** – this should pass in a few days and you can take regular painkillers such as Paracetamol or ibuprofen, and/or using a heat pack in the meantime
- **some vaginal bleeding for a few days after your operation. This is usually like a light period. The bleeding will gradually lessen and become like a heavy discharge, and may darken in colour. For some women this discharge can last for three to four weeks. You should use sanitary towels/pads rather than tampons as using tampons could increase the risk of infection.**
- These side effects are normal and nothing to worry about, but you should seek medical advice if they are particularly severe (see below).

### Returning to your normal activities

Most women feel they can return to normal activities, including work, a day or two after having an endometrial ablation.

- **you can eat and drink as normal straight away** – if you feel a bit sick after a general anaesthetic, try eating small, light meals at first

- **you can have a shower the same day or the next day**

You'll usually be advised to **avoid**:

- driving for at least 24 hours if you had a general anaesthetic
- using tampons for four weeks (use sanitary pads instead)
- having sex until your vaginal bleeding or discharge has stopped, and you feel ready.
- exercising, including swimming, for at least two weeks, or while there's still any bleeding or discharge

## Follow up

A review appointment is usually scheduled at 6 weeks following surgery. Please phone our rooms at (07)43311545 if you are unsure about your follow visit.

## When to get medical advice

Contact Dr Swanepoel or your GP if you experience:

- severe pain that isn't relieved by regular painkillers
- heavy bleeding that means you have to change sanitary pads frequently
- passing bright red blood or large clots
- foul-smelling vaginal discharge
- a fever of over 38C

These symptoms could be a sign of a problem, such as an infection .

**Should you feel unwell after being discharged from hospital, please contact my rooms on (07) 43311545 or after hours :The Mater hospital (07) 41539428 or Friendlies Society Private Hospital (07) 43311000.**

**For any medical emergency, call 000.**

**The Bundaberg Base Hospital is the only hospital that offers a 24 hours Emergency Department .Contact nr: (07) 41502222**

I wish you a speedy recovery and I am looking forward to seeing you again at the 6 weeks post-surgical visit.

*Dr Harrie Swanepoel.*



**FRANZCOG**

FELLOW OF THE ROYAL AUSTRALIAN  
AND NEW ZEALAND COLLEGE OF  
OBSTETRICIANS AND GYNAECOLOGISTS