

Behaviour after an endometrial ablation
(hysteroscopic as well as thermal) ■

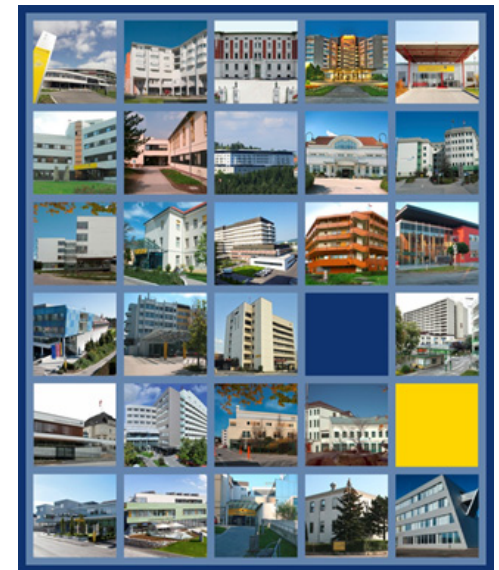
Behaviour after an endometrial ablation
(hysteroscopic as well as thermal) ■

We hope to have answered all your
potential questions with this infor-
mation and wish you a speedy
recovery.

Your gynaecology team

Gynaecology and midwifery

Discharge information



Behaviour after an endometrial
ablation (hysteroscopic as well
as thermal)

Publication details:
Media owner: NÖ Landesgesundheitsagentur
Version 05/2015
Endometriumablation

www.lknoe.at

**LANDES
GESUNDHEITS
AGENTUR**

Gesund und gepflegt. Ein Leben lang.

Behaviour after an endometrial ablation
(hysteroscopic as well as thermal) ■

Dear Patient,

Although you are being discharged today, the wound is not yet completely healed; this normally takes a further four to six weeks.

During the healing phase you will experience a watery to bloody-watery discharge, which is entirely normal.

Behaviour after an endometrial ablation
(hysteroscopic as well as thermal) ■

Please observe the following for the most favourable treatment outcomes:

- Physical rest for one week
- Avoid sexual intercourse for one week
- Avoid full baths and visiting the sauna and swimming pool for at least one week
- Avoid using tampons for one week
- Check-up with your consultant in four to six weeks

Behaviour after an endometrial ablation
(hysteroscopic as well as thermal) ■

In the case of pain or bleeding which is more intense than for normal menstruation, a check-up with your consultant or the gynaecological outpatient clinic is recommended.

The duration of sick leave is determined by your GP.

In principle, a pregnancy cannot be ruled out; please contact your consultant about this.