

Balloon endometrial ablation

These instructions are intended for printing. The instructions contain sections to be filled in.

Thermal ablation is used to reduce heavy and prolonged menstruation. The volume of menstrual flow is reduced by removing the flow producing mucous membrane from the uterus. Some patients cease to experience menstruation altogether, whereas for some patients flows decrease from heavy to insignificant.

Procedure

Thermal ablation is performed under general anaesthesia. First, the mucous membrane is thinned with curettage. Then, a soft balloon attached to a catheter is taken into the uterus. The balloon is filled with a sterile solution so that it fills the entire body of the uterus. After that, the solution is heated to 78 degrees (Celsius) for 10 minutes. Finally, the catheter and the balloon are removed from the uterus. The procedure takes approximately 30 minutes.

Recovery

You may experience pain similar to heavy menstrual pain for some hours. These sensations vary between patients. Most patients experience blood-stained vaginal discharge for 2–4 weeks. A sanitary pad can be used as protection. Due to a risk of inflammation, you should avoid intercourse, swimming, bathing, and using tampons while you still have discharge. We recommend that you wash the genital region and change your sanitary pad often enough. Contraception is still required to prevent pregnancy after the treatment.

Treatment of pain

Usually, non-prescription painkillers are enough for home treatment.

Paracetamol

Anti-inflammatory

Strong painkiller

Other medication

Sick leave is 3–5 days.

Contact us

If you experience fever, severe pain in the lower abdomen, foul-smelling vaginal discharge, or other problems after the treatment, contact your health Centre or occupational health Centre.

Gynaecological Outpatient Clinic on working days from 14.00–15.00 telephone 06 213 2012

Day Surgery Unit on working days from 07.00–15.00 telephone 06 213 1552

Your own health Centre or occupational health unit

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

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This instruction is intended for our patients who are in care relationship.