

Endometrial ablation

What is endometrial ablation (thermal ablation)?

Endometrial ablation is used to destroy the endometrial lining of the uterus. Endometrial ablation can be used as an alternative to hysterectomy or hormonal treatment in women who have heavy menstrual bleeding. The procedure is only suitable for women who no longer wish to get pregnant, however it is not a suitable method of pregnancy prevention. After endometrial ablation you need to have a reliable method of contraception.

Before endometrial ablation

You can eat normally at home and take your daily medication.

You might receive a call the working day before the procedure where a nurse will go over the procedure with you. If you have any questions about the procedure, you can also contact the hospital yourself.

If possible, **take 800 milligrams of ibuprofen and 1 gram of paracetamol as a premedication** at home before arriving at the hospital. Medication relieves pain and soothes the uterine contractions.

Procedure

Endometrial ablation takes about 10 minutes and it is performed **under local anesthesia**. Intravenous pain medication can be used as needed. You will be able to be discharged soon after your procedure. If intravenous pain medication is used, you cannot drive on the day of the procedure.

Home care instructions

Postoperative bleeding lasts for 2-4 weeks. The bleeding is initially watery, but later turns reddish. Avoid intercourse, the use of tampons and a menstrual cup, swimming and bathing during bleeding due to the risk of infection. After the procedure, menstruation may stop completely or become lighter after 1-3 months.

During the days following the procedure you can use prescription-free pain medication if needed.

The length of the sick leave is usually 2 days. During the sick leave you need to avoid physical exertion.

If a follow-up appointment is needed, it will be arranged with you individually.

Possible problems

If the bleeding becomes more heavy or foul-smelling, you get lower abdominal pain or fever, please contact the hospital.