

Day Surgery Unit

Patient Information



Health & care
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The Information Standard

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Member

Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Patient Advice Following an Endometrial Ablation

You have just had a procedure which involves removing the lining of the womb. This procedure is used to treat dysfunctional or abnormal heavy periods.

Pain

You may experience some discomfort following this procedure. Cramping pain similar to period pain is quite common. It is advisable to take some pain relief as necessary. Always follow the instructions on the side of the packet and do not exceed the recommended daily dose.

Bleeding

There might be some vaginal discharge for the next few days. Usually a brown/dark discharge can occur after surgery. This can last for 1-2 weeks after the operation. You may need to wear some form of protection in your underwear. Please use sanitary towels whilst you have any discharge. Do not use tampons until your next menstrual period.

If you experience severe pain that does not ease with pain relieving medication, a high fever, abdominal bloating or heavy bleeding please contact your GP or out of hours GP.

Activity

It is natural to feel tired following a general anaesthetic or sedation. This is your body's natural reaction to the stress of the procedure. Take it easy for the next couple of days but ensure that you take regular short walks to help the circulation in your legs.

You must avoid swimming, bathing and sexual intercourse for 1-2 weeks following the procedure to reduce the risks of getting an infection.

You must not drive for the first twenty four hours following sedation or a general anaesthetic. This is a requirement of the Road Traffic Act.

Further Information and Advice

GP or out of hours GP

NHS Direct

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Dorchester Day Surgery Unit

01305 254501 (day of procedure only)

Weymouth Day Surgery Unit

01305 762664 (day of procedure only)

Easton Day Surgery Unit

01305 255771 (day of procedure only)