

POST-OPERATIVE INSTRUCTIONS FOR NOVASURE ENDOMETRIAL ABLATION

- Mild to moderate cramping is common.
- Moderate vaginal bleeding is common immediately following the procedure
- A watery discharge may persist for up to six weeks.
- Nothing in the vagina for six weeks. No tampons, intercourse or douching for six weeks. Use pads only.
- No swimming for six weeks.
- For mild pain, use ibuprofen (Motrin, Advil, Nuprin) 800mg (4 tablets) every six hours. Take with food.
- For more severe pain, use the prescribed pain medication 1-2 tablets every 3-4 hours. Take with food.
- Contact the office if you experience fever of 101 or higher, chills, nausea unrelieved with Zofran, pain unrelieved by using prescribed pain medication.
- A post-op appointment should have been scheduled for six weeks. You may have some light bleeding at the time of your next period. This should resolve over time as the healing and scarring process continues for several months.

THE OFFICE NUMBER IS ANSWERED 24 HOURS: 325.690.0620