

Recovering from Your NovaSure Endometrial Ablation Office Visit

You underwent a NovaSure endometrial ablation to treat abnormal menstrual bleeding. **Endometrial ablation** is a procedure where a device is used to burn the lining of the uterus. Most women recover and are back to most activities in 1-2 days. You may need a family member or a friend to help with your regular activities for a few days after the procedure.

What should I expect at home after the procedure?

- **Vaginal Bleeding:** You may have some vaginal spotting of watery bright red, brown, or black discharge for up to 3-4 weeks. You will likely feel abdominal (belly) cramping.
- **Diet:** If you are not nauseous, you may eat whatever you'd like.

Medications:

- **Pain:** You may have a prescription for pain medication after the procedure. Do not take it more frequently than instructed.
- **Nausea:** Anti-nausea medication is not typically prescribed.

Activities:

- **Energy level:** It is normal to have a decreased energy level after the procedure. After you are home, you should minimize any strenuous activity for the first 1 or 2 days. It is important not to overdo, but once you settle into a normal routine at home, you will find that you slowly begin to feel better. Walking around the house and taking short walks outside can help you get back to your normal energy level more quickly.
- **Showers:** You can shower 24 hours after your procedure. Do not take baths or swim for at least 1 week after the procedure.

- **Climbing:** You can climb stairs but you may require some assistance initially.
- **Driving:** The reason you are asked not to drive, or to limit driving, after the procedure is because you may be prescribed medications to help with pain. If you are taking these medications it is unsafe to drive. Even after you stop taking pain medication, it is possible that making sudden movements while driving will cause discomfort.
- **Exercise:** Exercise is important for a healthy lifestyle. You may begin normal physical activity within hours of the procedure. Start with short walks and gradually increase the distance and length of time that you walk. To allow your body time to heal, you should not return to a more difficult exercise routine until 2 days after your procedure. Please talk to your doctor about when you can begin exercising again.
- **Intercourse:** We recommend that you do not resume sexual activity for 2 weeks.
- **Work:** Most people can return to work 1-2 days after the procedure. You may continue to feel tired for a couple of weeks.

When should I call my doctor?

Call your doctor right away if you develop any of the following symptoms:

- Fever over 100.4°F (38°C)
- Bleeding like a menstrual period and changing a pad every hour
- Severe pain in your abdomen or pelvis that pain medication is not helping
- Heavy vaginal discharge with a bad odor
- Nausea and vomiting
- Chest pain or difficulty breathing

- Swelling, redness, or pain in your legs
- Rash
- Pain with urination

Follow-up

You do not need a follow-up visit after this procedure. However, if you have any questions or concerns, please talk about them with your doctor.

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