

ADAMS PATTERSON GYNECOLOGY & OBSTETRICS

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NOVASURE THERMAL ENDOMETRIAL ABLATION POST-OPERATIVE INFORMATION

- SOMEONE WILL NEED TO DRIVE YOU HOME
- TAKE A PAIN PILL 2 HOURS AFTER YOU GET HOME, AND THEN EVERY 4 HOURS FOR THE FIRST 24 HOURS. TAKE 800 MG IBUPROFEN 8 HOURS AFTER YOU GET HOME AND EVERY 8 HOURS FOR 24 HOURS, THEN AS NEEDED. **DO NOT WAIT FOR CRAMPING TO BEGIN!** IT IS VERY IMPORTANT THAT YOU TAKE YOUR PAIN MEDS AS PRESCRIBED. ONCE THE PAIN MED AND ANESTHESIA WEAR OFF THE PAIN CAN QUICKLY WORSEN. IF NEEDED FOR NAUSEA USE A PHENERGAN SUPPOSITORY EVERY 6 HOURS.
- EXPECT A SLIGHT WATERY DISCHARGE FOR THE FIRST COUPLE OF WEEKS AFTER THE PROCEDURE. SOME PATIENTS WILL HAVE A MENSTRUAL CYCLE/BLEEDING 2-4 WEEKS AFTER THE PROCEDURE.
- RESUME ALL ACTIVITIES AS DESIRED.
- DO NOT USE TAMPONS FOR 2 WEEKS AFTER YOUR PROCEDURE
- SEXUAL INTERCOURSE MAY BE RESUMED AFTER VAGINAL BLEEDING SUBSIDES.
- KEEP YOUR APPOINTMENT FOR YOUR POST-OP VISIT @ 3 WEEKS.
- CALL THE OFFICE IF YOUR TEMPERATURE IS OVER 100 DEGREES, IF BLEEDING HEAVIER THAN YOUR NORMAL PERIOD OCCURS, OR IF YOU DEVELOP UNUSUAL PELVIC PAIN OR DISCOMFORT.

YOUR POST OP APPOINTMENT IS @ _____ OFFICE DATE: _____ TIME: _____

WHAT TO EXPECT.....

YOU MAY EXPERIENCE MENSTRUAL TYPE CRAMPING IMMEDIATELY AFTER THE PROCEDURE. YOU SHOULD TAKE THE IBUPROFEN AND THE PAIN MEDICATION THAT WERE PRESCRIBED FOR YOU. **DO NOT WAIT FOR THE CRAMPING TO BEGIN;** TAKE A PAIN PILL 2 HOURS AFTER YOU ARRIVE HOME AND CONTINUE TO TAKE ONE EVERY 4 HOURS THE DAY AND NIGHT OF THE PROCEDURE. ALSO, CONTINUE TO TAKE THE 800 MG IBUPROFEN EVERY 8 HOURS FOR THE FIRST DAY AND THEN AS NEEDED. THE PAIN MEDICATION MAY MAKE YOU FEEL NAUSEATED. IF SO USE ONE OF THE PHENERGAN RECTAL SUPPOSITORIES AS NEEDED EVERY 6 HOURS. YOU WILL BE DROWSEY.

YOU MAY HAVE A VAGINAL DISCHARGE. OFTEN IT WILL BE BLOODY FOR THE FIRST 24-72 HOURS. THE DISCHARGE THEN BECOMES MORE OF A WATERY NATURE THAT MAY LAST 2-3 WEEKS. THIS TYPE OF VAGINAL DISCHARGE IS COMMON AFTER THIS PROCEDURE. SHOULD YOU DEVELOP A FOUL SMELLING VAGINAL DISCHARGE, HAVE A TEMPERATURE OVER 100.4, OR NAUSEA/VOMITING (AFTER THE IMMEDIATE POST OP DAY) PLEASE CALL THE OFFICE.

YOU FIRST PERIOD AFTER THE ABLATION MAY BE ALTERED. IF COULD BE EARLY OR LATE, HEAVY OR LIGHT. THIS FIRST PERIOD HAS NO RELATIONSHIP TO THE ULTIMATE RESULT. THE SUCCESSFUL OUTCOME OF THE TREATMENT MAY NOT BE DETERMINED UNTIL 2-3 MONTHS AFTER THE PROCEDURE.

MEDICATIONS TAKEN AT HOME TODAY:

1. MOTRIN 800 MG @ _____ O'CLOCK
- 2.
- 3.
- 4.

MEDICATIONS GIVEN IN OFFICE:

1. VALIUM _____ MG @ _____ O'CLOCK
2. TORADOL 60 MG IM @ _____ O'CLOCK
3. PAIN MED: _____ @ _____ O'CLOCK

HAVE PATIENT INSERT A PHENERGAN SUPPOSITORY WHEN YOU ARRIVE HOME. THEN SHE MAY USE ONE EVERY 6 HOURS IF NEEDED.

GIVE PATIENT ANOTHER PAIN PILL @ _____ O'CLOCK,.

- IF SHE COMPLAINS OF SEVERE CRAMPING 1-2 HOURS AFTER THIS PAIN PILL HAS BEEN TAKEN GO AHEAD AND HAVE THE MEPERGAN PRESCRIPTION FILLED. SHE MAY HAVE A MEPERGAN 3 HOURS FROM THE TIME SHE TOOK THE LAST PAIN PILL AND THEN ONE MEPERGAN EVERY 6 HOURS UNTIL THE NEXT DAY.
- IF OUR PATIENT ONLY COMPLAINS OF SOME CRAMPING AFTER HAVING TAKEN THE PAIN PILL AT THE ABOVE TIME, SHE SHOULD TAKE THIS EVERY 4 HOURS UNTIL THE NEXT DAY.

CONTINUE TO TAKE THE 800 MG MOTRIN EVERY 8 HOURS THROUGH THE NEXT DAY.