

## Patient information factsheet

# Recovering well after an endometrial resection or ablation

We have given you this factsheet because you have had an endometrial resection or ablation. It explains what to expect after your operation and how you can help your body to recover well. We hope it will help to answer some of the questions you may have. If you have any other questions or worries, please do ask. We will be happy to help.

### What is an endometrial resection or ablation?

An endometrial resection or ablation is an operation to treat heavy periods. It involves removing part or all of the lining of the womb (endometrium) to stop it from regrowing each month.

### Common symptoms after an endometrial resection or ablation operation

#### Pain and discomfort

After the operation, you may have some period-like cramps. Use over-the-counter pain relief, such as paracetamol or ibuprofen. Always read the label or instructions before taking medication.

You can take your next dose of pain relief at: \_\_\_\_\_ (time).

#### Vaginal bleeding and discharge

You may have some vaginal bleeding for a few days after the operation. This is usually like a light period. It should lessen and become more like a heavy discharge which may be dark in colour. This can last for three to four weeks. Use sanitary pads during this time. Avoid using tampons because they can increase the risk of infection.

If your discharge becomes yellow or green in colour or smells offensive, contact Bramshaw Women's Unit on **023 8120 6035**. This could be a sign of infection.

#### When to seek medical advice

Most women recover well after an endometrial resection or ablation, but as with any operation, there can be complications.

**Contact Bramshaw Women's Unit on 023 8120 6035** (up to two weeks after your operation) **or contact your GP or NHS 111 if you experience:**

- increasing abdominal (tummy) pain
- heavy blood loss (soaking through two pads in an hour)
- a temperature (fever)
- abnormal discharge (yellow or green in colour or offensive smelling)
- vomiting and loss of appetite
- difficulty passing urine (peeing), burning or stinging when passing urine, passing urine frequently or retention of urine
- a painful, red, swollen, hot leg or difficulty bearing weight on your legs (this may be caused by a deep vein thrombosis (DVT))

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## Recovering from your operation

### Side effects from the anaesthetic

For the first 48 hours after an anaesthetic, you may feel more sleepy than usual and your judgement may be impaired.

For 48 hours after having the anaesthetic, do not:

- drive (each insurance company will have its own conditions for when you are insured to start driving again, so check your policy)
- drink alcohol
- work
- exercise
- handle machinery (including an oven or hob)
- sign any legal documentation

### Rest and exercise

It's a good idea to keep doing some gentle walking and moving around after your operation. For example, you could go for a 10 to 15 minute walk the day after your operation once in the morning and once in the afternoon.

Do not do any heavy exercise, such as going to the gym or exercise classes, for at least 48 hours after the operation. Avoid swimming until any vaginal discharge has stopped.

### Work

After the operation, you will need to have some time off work to rest and recover. Most women take two to five days off. If you feel you need longer, please speak to your GP.

### Diet and fluids

You can eat and drink as normal.

### Washing

You can have a shower the day after the operation. After a general anaesthetic you might feel dizzy, so have an adult around to help you, and leave the door unlocked if necessary.

### Sex

You can have sex as soon as any vaginal discharge has stopped and you feel comfortable to do so.

### Useful links

Royal College of Obstetricians and Gynaecologists: [www.rcog.org.uk](http://www.rcog.org.uk)

### Contact us

If you have any questions or worries, please call Bramshaw Women's Unit on **023 8120 6035**.

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