



# Aftercare following thermal ablation surgery

You have just undergone a thermal ablation treatment for excessive menstrual bleeding in the Day Surgery Unit.

You will be able to go home the same day but you will need to arrange to have someone to drive you home and stay with you overnight.

## Discomfort

You may have mild cramps (like period pains) for the first 8-12 hours. You may be given some painkillers to take home with you or you can take simple painkillers such as paracetamol or what ever you would normally take for a period pain.

## Discharge

You will probably have a pink or yellow watery discharge for a few weeks after your treatment on some occasions this may be dark in colour and contain small clots. Light sanitary pads should be sufficient protection.

To reduce the risk of infection you should not use tampons for up to 7 days afterwards.

## Activity

- Most women are be able to return to normal activities the next day.
- It is wise not to have sexual intercourse until the vaginal discharge has reverted to normal. Please remember that this operation will not stop you becoming pregnant and you should take your usual precautions.
- Swimming should be avoided until after all bleeding has stopped.

## Any problems?

If you experience heavy bleeding, a fever, or pain that becomes worse you should contact your doctor straight away.

## Where can I go for further information?

Day Surgery Unit between the hours of 7.30am and 7pm on  
01722 336262 Ext 4554

After 7pm contact Britford Ward 01722 336262 ext 2233, your GP or the NHS 111 service.

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customercare@salisbury.nhs.uk](mailto:customercare@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

**Day Surgery Unit**  
**Tel: 01722 336262 ext 4550**