



Lifelong Health & Care

Balloon Ablation of Endometrium

Day Surgery Ward
Downe Hospital
Tel: 01396 613311 Ext 3714

BALLOON ABLATION OF ENDOMETRIUM

This is a new treatment option for heavy periods.

It is an easy to perform procedure and its success rate is approximately 80 - 90%.

These are some tips regarding your post operative period:-

1. The first 3 days you may have a pinkish discharge or some mild bleeding. In this period of time you may have some mild abdominal pain.
2. From the 7th day after the procedure you may have a profuse watery discharge, sometimes with some "clots" (small bits from the lining of your womb).

3. You may have moderate to heavy periods for the first few months.
4. You are advised to use sanitary towels and not tampons until your bleeding/ discharge stops.
5. You are advised to avoid intercourse until your bleeding/discharge stops.
6. Immediately after your operation rest for 2 - 3 days. You may return to work after that depending on how you feel.

7. A letter will be sent to your G.P. concerning your operation.
8. If you are to be reviewed an appointment card will be issued before you are discharged or posted out to you.
9. If you feel unwell or have any fever or any other symptoms which worry you, please contact your G.P. or the Gynae Ward, Downe Hospital (01306⁴⁴~~6~~613311)