

NovaSure Endometrial Ablation Post-Procedure Instructions

- ❖ Expect vaginal discharge that is pink, red, or brown in color for up to 2-3 weeks. If you have red heavy vaginal bleeding, contact your physician.
- ❖ Do not use tampons, douche or have intercourse until cleared by your doctor (usually 1 week).
- ❖ If you have not urinated with 6 hours of arriving home, please call your doctor.
- ❖ Uterine cramping is normal after the procedure. To relieve the pain you may use:
 - Ibuprofen 600 mg each 6hrs as needed.
 - Norco 1 or 2 tablets each 6hrs as needed.
 - An abdominal heating pad
- ❖ Call your physician immediately for a temperature over 100.5F, or a foul, malodorous vaginal discharge. These are signs of infection.
- ❖ For 24 hours after the procedure:
 - Do not drink alcoholic beverages
 - Do not drive or operate heavy machinery
 - Remain in the company of a responsible adult.
- ❖ You may resume a normal diet after the procedure.
- ❖ Please call the office to schedule a follow-up visit with your doctor two weeks after the procedure

If you experience difficulty breathing, bleeding that you feel is excessive, persistent nausea or vomiting, any pain that is unusual, swelling or fever, call your doctor immediately. If you find that you cannot contact your physician, but feel your signs and symptoms warrant a physician's attention, go immediately to the Emergency Room closest to you.