

Make an appointment to see your surgeon

- Dr. Mobbs (250) 542-0343
- Dr. Procyshen (236) 426-2255
- Dr. Golosinski (250) 542-0353
- Dr. Daniel (250) 503-1717
- Dr. Half (250) 503-3913



Interior Health

Endometrial Ablation (Thermachoice)

Healthlink BC

Dial 8-1-1
Hearing Impaired Dial 7-1-1
Talk to a Nurse 24 hours/day, 7 days/week
Pharmacist available between 5 p.m.–9 a.m. daily
Dietitian between 9 a.m.–5 p.m.–Monday to Friday
www.healthlinkbc.ca

Vernon Jubilee Hospital
2101 32nd Street
Vernon, BC V1T 5L2
Phone: 250-545-2211

If you have any questions or concerns, discuss them with a nurse.

If you had day are surgery, you must be accompanied home by a responsible adult.

A responsible adult must stay with you after surgery and overnight.

You must not drive an automobile or operate heavy machinery for 24 hours following anesthetic, or as instructed.

Do not drink alcohol for 24 hours following surgery as its effects will add to those of anesthetic. Do not drink alcohol while taking narcotics for pain control.

Follow the instructions given to you by your physician. Take prescribed medication in prescribed doses.

Description:

This procedure is done by dilating the cervix then removing the inner lining (the endometrium) from the uterus.

The lining may be removed by a variety of techniques, e.g. electro-coagulation, elctro-resection or thermal-coagulation. The method chosen for you will have been discussed with you by your doctor.

Duration:

This procedure in the operating room takes between 20 and 40 minutes. You are taken to the recovery room and discharged from day-care after a determined period of time.

Post-op Instructions

1. You may drink or eat anything you want when you are hungry.
2. Avoid intercourse and tampons until three weeks after the procedure.
3. **During the next month be sure to call your Doctor if:**
 - a) On any day you bleed more than a period.
 - b) Bleeding continues longer than 3 weeks from your surgery.
 - c) You develop fever or chills.
 - d) There is a foul smelling drainage.
 - e) You have severe cramps.
4. **SHOWER ONLY** no baths or hot tubs until all the bleeding has stopped.
5. Patients are finding the first 24 hours after surgery to be the most uncomfortable. If you are having discomfort during this time please take pain medication as ordered regularly.