

## Balloon endometrial ablation (Thermal ablation)

Thermal ablation is **used to reduce heavy and prolonged menstruation**. The volume of menstrual flow is reduced by removing the flow producing mucous membrane from the uterus. Some patients cease to experience menstruation altogether, whereas for some patients flows decrease from heavy to insignificant.

### Procedure

Thermal ablation is performed **under general anaesthesia**. First, the mucous membrane is thinned with curettage. Then, a soft balloon attached to a catheter is taken into the uterus. The balloon is filled with a sterile solution so that it fills the entire body of the uterus. After that, the solution is heated to 78°C (172°F) for 10 minutes. Finally, the catheter and the balloon are removed from the uterus. The procedure takes approximately 30 minutes.

### Recovery

You may experience pain similar to heavy menstrual pain for some hours. These sensations vary between patients. Most patients experience blood-stained vaginal discharge for 2–4 weeks. A sanitary pad can be used as protection. Due to a risk of inflammation, you should avoid intercourse, swimming, bathing, and using tampons while you still have discharge. We recommend that you wash the genital region and change your sanitary pad often enough. Contraception is still required to prevent pregnancy after the treatment.

### Treatment of pain

Usually, non-prescription painkillers are enough for home treatment.  
Paracetamol

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Anti-inflammatory

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Strong painkiller

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Other medication

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**Sick leave** is 3–5 days.

### Contact us

If you experience fever, severe pain in the lower abdomen, foul-smelling vaginal discharge, or other problems after the treatment, contact your health centre or occupational health centre

Gynaecological Outpatient Clinic on working days from 14.00 - 15 .00 tel. **(06) 323 2012**,

Gynaecological Ward A5 at other times tel. **(06) 323 2092**,

Day Surgery Unit A2 on working days from 07.00–17.00 tel. **(06) 323 1552**

Emergency Department at other times tel. **(06) 323 1311**

**We wish you happy healing !**