

## OG31lite Radio-Frequency Endometrial Ablation

Expires end of December 2019

A more detailed version of this procedure specific information sheet is available. Please ask your health practitioner at Joondalup Health Campus for a copy.

**Write questions or notes here:**

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This document will give you information about a radio-frequency endometrial ablation. If you have any questions, you should ask your GP or other relevant health professional.

### What is a radio-frequency endometrial ablation?

A radio-frequency endometrial ablation is an operation that uses radio-frequency energy to remove the lining of your uterus (womb).

### What are the benefits of surgery?

The most common reason for having an endometrial ablation is to relieve the symptoms of heavy periods (menorrhagia).

After the operation most women have a noticeable reduction in their periods and, for some women, periods stop altogether.

### Are there any alternatives to surgery?

Heavy periods can be treated using a variety of oral medications. Other alternatives include an IUD (intra-uterine device).

### What does the operation involve?

The operation can be performed under a local or general anaesthetic and usually takes less than 20 minutes.

Your gynaecologist will place a radio-frequency probe into your womb. They will expand a mesh from the probe and then pass radio-frequency energy through the mesh. The radio-frequency energy will reduce the thickness of your endometrium (see figure 1).

### What complications can happen?

#### 1 General complications

- Pain
- Feeling or being sick
- Bleeding or discharge
- Infection
- Blood clots

#### 2 Specific complications

- Failed procedure
- Making a hole in your womb
- Thermal burns
- Haematometra
- Continued bleeding or pain
- If you have been previously sterilised, tubal sterilisation syndrome

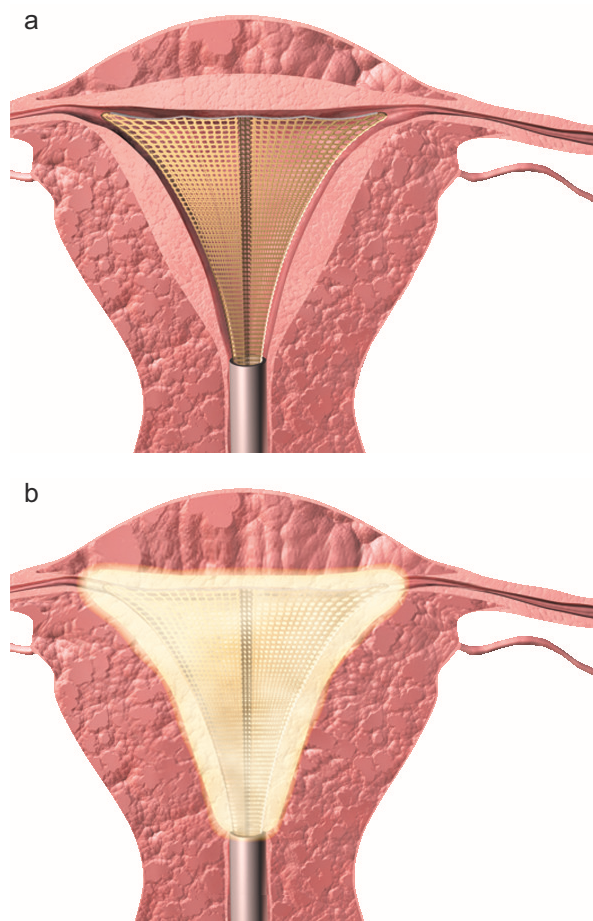


Figure 1

a A mesh expanded inside the womb

b Radio-frequency energy through the mesh

### How soon will I recover?

You should be able to go home the same day. You may get some cramps and mild bleeding similar to a period. Rest for one to two days and take painkillers if you need them.

You should be able to return to normal activities after two to four days. Most women are fit for work after about a week.

You should expect to have some bleeding or discharge for up to four weeks.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, ask the healthcare team or your GP for advice.

### Summary

An endometrial ablation is a common gynaecological operation. It helps relieve the symptoms of heavy periods. You should get less bleeding and pain.

## Acknowledgements

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