



What is Endometrial Ablation?

Endometrial ablation is a **minimally invasive procedure** used to treat **heavy menstrual bleeding (menorrhagia)**. It works by **removing or destroying the inner lining of the uterus (endometrium)** to reduce or stop menstrual bleeding.






This procedure is not suitable for women who wish to become pregnant in the future. Pregnancy after endometrial ablation can lead to serious complications. **Permanent contraception (such as tubal ligation) is strongly recommended.**



How is the Procedure Done?





The procedure is performed **under general anaesthesia** in an operating theatre.  The cervix is widened to allow a **special device** to be inserted into the uterus.  The device **applies heat or energy** to the uterine lining, permanently damaging it.  The procedure takes **15-30 minutes**, and most women go home the same day.




Recovery After Endometrial Ablation



Same-day discharge – You can usually go home within a few hours.  **Mild**

cramping – Similar to period pain, which can last a few days.  **Vaginal bleeding or**

discharge – This may last for a few weeks but should gradually decrease.  **Follow-up**

appointment – You will have a check-up around **6 weeks** after the procedure.



What Are the Risks?

Like any medical procedure, endometrial ablation carries some risks:

Common Risks

- **Mild cramping and discomfort**
- **Watery or bloody vaginal discharge** (lasting up to 2-4 weeks)
- **Possible failure to relieve symptoms** (some women may need additional treatment)

Less Common but Serious Risks

- **Bleeding** – In rare cases, heavy bleeding may require a **blood transfusion** or a **hysterectomy**.
- **Infection** – Treated with antibiotics if needed.
- **Uterine perforation** – Accidental injury to the **uterus, bladder, or bowel**, which may require additional surgery.

- **Anaesthesia risks** – As with any surgery, risks include **blood clots, heart complications, or lung infections**.
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! Important Safety Advice

◆ **Pregnancy after ablation is dangerous** – It can lead to severe complications. Permanent contraception (such as tubal ligation) is recommended. ◆ **This procedure does not prevent pregnancy**, and contraception must still be used if required. ◆ **Results vary** – Some women experience **reduced bleeding**, while others may **stop having periods completely**.

◆ **If you have any concerns about your recovery or symptoms, contact your doctor immediately.** 💙