



The Center for Women

Obstetrics & Gynecology

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Ablations

Endometrial ablation is a procedure that uses a lighted viewing instrument called a hysteroscope to destroy or ablate the uterine lining called the endometrium.

The endometrium heals by scarring, which usually reduces or prevents uterine bleeding.

What To Expect After Surgery

Endometrial ablation is usually done in our office or at the local hospital. The procedure may be done using a local or spinal anesthesia, although general anesthesia can sometimes be used.

Recovery requires from a few days.

You can review our post-operative instructions in Patient Forms also.

Why It Is Done

Endometrial ablation is used to control heavy, prolonged menstrual bleeding when:

- Bleeding has not responded to other treatments;
- Childbearing is completed;
- The patient does not want a hysterectomy;
- Or other problems prevent a hysterectomy.

How Well It Works

Approximately 90% of women will have reduced menstrual flow following endometrial ablation, and up to half will stop having periods.

Younger women are less likely than older women to respond to endometrial ablation. After an endometrial ablation, younger women are more likely to continue to have periods and need a repeat procedure.

Young women may be treated with either gonadotropin-releasing hormone analogues 1 to 3 months before the procedure. This will decrease their production of estrogen and help thin the lining of the uterus.

What To Think About

Endometrial ablation is not recommended if you have a high risk for endometrial cancer because regrowth of the endometrium may occur.

Do not consider this procedure if you plan to become pregnant in the future.

Although this surgery usually causes sterility by destroying the lining of the uterus, pregnancy may still be possible if a small part of the endometrium is left in place. Birth control of some form is required if you have not completed menopause and do not wish to become pregnant.