



The Center for Women  
Obstetrics & Gynecology

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**Post Thermal-Ablation Discharge Instructions**

Once you have completed an in-office procedure (Thermal Ablation) to manage your menstrual cycles, you may have:

- A vaginal discharge for up to 2 weeks after this treatment. The discharge may be brown, yellow or white. This is normal and expected.
- No vaginal douches are allowed.
- No intercourse for 2 weeks is advised.
- You may have mild to moderate cramping at your pelvic area for 1-2 days after this treatment. This also is normal. You may take Motrin or Advil every 6 hours if necessary for discomfort.
- You may resume a regular diet.

Please call for any persistent nausea, vomiting or any fever greater than 100.4.

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Usted ha terminado su procedimiento para reducir su sangrado menstrual. Puedes notar un flujo vaginal por una o dos semanas despues del tratamiento. El Flujo puede ser café, Amarillo o blanco. Esto es normal.

No se permite lavados vaginales, o relaciones por dos semanas.

Puedes sentir colicos pelvicos por 1 o 2 dias despues del tratamiento. Esto es normal. Puedes tomar motrin o advin cada 6 horas si es necesario.

Tu dieta es regular.

Llama po sintomas de nausea, bomito o temperature de mas de 100.4.