



## ***Post Novasure Care Instructions***

The procedure you had completed today is Hysteroscopic Endometrial Ablation using Novasure. Using a scope, the physician burned the lining of your uterus. The procedure is performed to decrease menstrual bleeding. You should not ever become pregnant after having a Novasure procedure. You will need a reliable form of birth control – ***The NOVASURE procedure is NOT a form of birth control.***

## ***What to expect after Novasure***

- You should expect to feel uterine (period) cramps and mild discomfort for the next 24 hours.
- You may experience vaginal discharge and spotting or bleeding for 2 to 6 weeks after the procedure. **This is Normal.**
- Most patients are able to resume normal activity after 24 hours.
- You may return to work the day after the procedure.

Your discomfort should gradually improve.

## ***Instructions***

- Take it easy today and avoid any strenuous activity
- No driving while taking strong pain medications
- Nothing in the vagina for 2 weeks (i.e. no tampons, douching, or intercourse)
- Be sure to always use a reliable form of birth control
- Take pain medication as needed and as prescribed

### **Please call the office/physician if:**

- Heavy bleeding or increasing pain develops
- New vaginal discharge or foul smelling odor develops
- Fever over 101F
- Difficulty urinating, fever, nausea, or vomiting occurs
- You have any questions