

An Endometrial Thermal Ablation is a minimally invasive procedure for women who are experiencing heavy periods and have completed childbearing. It does not require the use of general anesthesia, incisions, or hormones and offers a safe, effective alternative to a hysterectomy. Most women who have this procedure experience significantly lighter periods with reduced cramping.

What to expect from this procedure:

- Under local anesthesia, the doctor inserts a device into your uterus that will then provide energy to heat the inside of your uterus for 2 minutes. No incision is required. You may feel cramping or pressure during the procedure.
 - The entire treatment, from the time the device is inserted until the device is removed, usually takes less than 4 minutes.
 - You will need to make arrangements for someone to drive you to and from your appointment and plan on recovering at home the rest of the day.
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Benefits of this procedure:

- No incisions or use of hormones
 - Minimally invasive
 - Performed in our office under local anesthesia and with narcotics
 - Allows women to return to their normal activities in 1 to 2 days
 - Covered by most insurances
 - 92 of 100 patients had their heavy bleeding reduced to a normal level or less
 - 66 of 100 patients had no bleeding following this treatment
 - More than half of patients with previous menstrual cramping experienced a decrease following this procedure
 - 90 of 100 patients were satisfied with the results
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