

Thermachoice 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.

Why is it done:

- Women who have heavy periods that are due to small fibroids or a hormonal imbalance may be candidates for this procedure.
 - Women who experience anemia from their heavy periods.
 - Women who have a heavy flow that causes accidents, or it interferes with their normal activities.
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What can I expect if I have the procedure:

- Thermachoice uses a method called global endometrial ablation (GEA) to remove the lining of the uterus.
 - Under local anesthesia, the doctor inserts a small silicone balloon into your uterus, which is filled with fluid and then gently heated to treat the lining of your uterus. No incision is required. You may feel cramping or pressure during the 8 minute treatment.
 - The procedure usually lasts approximately 30 minutes and can be performed in the office. You should plan on being in the office for about 1 1/2 hours.
 - This allows for you to be medicated prior to the procedure and to recover for 15 to 30 minutes post-procedure.
 - 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.
symptoms.
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What are the benefits of having 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
 - 93% of women are still satisfied five years after treatment
 - 96% of women still have normal or no periods five years after treatment
 - 75% of women had a reduction of pain and cramping, and nearly 2 out of 3 women experienced either mild or no PMS
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