

Patient information · Interventional Radiology · Cochin University Hospital AP-HP

This document provides information about percutaneous cryoablation of parietal endometriosis. Our department is one of the world pioneer centres for this technique.

## 1. What is parietal endometriosis?

Parietal endometriosis is the presence of endometrial cells in the abdominal wall, most often at a caesarean scar. It causes intense cyclical pain during menstruation, with a palpable and tender nodule.

## 2. Cryoablation

Cryogenic needles are placed in the nodule under CT guidance. Extreme cold (-40°C) forms an ice ball visible in real time, precisely destroying the endometriotic cells.

**Reference treatment: day case, no surgery, no scar. Efficacy: 80-93% complete pain relief. Recurrence rate < 10% at 5 years.**

## 3. Before the procedure

- Recent MRI of the abdominal wall and pelvis
- Stop anti-inflammatory drugs 5 days before
- Procedure preferably outside menstruation

## 4. The procedure

- Day case: arrive in the morning, leave the same day
- Local anaesthesia only
- Real-time CT guidance
- Two freeze cycles of 8-10 min at -40°C
- Total duration: approximately 1 hour
- 2-4 hours of observation

## 5. Follow-up

- Return home same day
- Mild local pain for 24-48h
- Cyclical pain disappears from the first menstrual cycle
- MRI control at 3 months

**Warning: Fever above 38.5°C, redness or discharge at the puncture site: contact our team.**