PERIOPERATIVE SERVICES

Post-Operative Instructions

LooP Electrosurgical Excision (LEEP) Procedure

**PAIN:**

You may experience some mild cramping after treatment. Acetaminophen (Tylenol™) will help to provide relief. Please take as instructed.

**OPERATIVE SITE:**

After you have this procedure you can expect to have a vaginal discharge. It will range from very light to heavier flow requiring 3 to 5 sanitary napkins (pads) changes per day. This may last for about two weeks. You may notice a blackish color to the vaginal discharge at first. This is caused by a solution which may be applied to the cervix after treatment.

**ACTIVITY:**

**Do not** use a tampon, douche or insert anything into your vagina for three weeks.

**Do not** have sexual intercourse for 3 weeks after treatment so the area can heal. If you have sexual intercourse before the area is healed, you may bleed excessively.

**Do not** participate in vigorous exercise for 3 weeks; i.e. aerobics, jogging, biking, horseback riding. Avoid heavy lifting of anything more than 20 pounds (9 kg).

**Do not** swim or use a hot tub. You may shower.

**DIET:**

Resume your usual diet.

**FOLLOW-UP:**

Follow up is very important; your next follow up appointment will be scheduled in 6 months at the Dysplasia clinic.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**ADDITIONAL INFORMATION:**

There may be some changes to your next menstrual flow (period). Your menstrual flow may start earlier or later than expected and it may be heavier with more cramping.

**Call your Doctor or go to your nearest Emergency Department if you have any of the following:**

* Elevated temperature (38oCor 100.4oF) and or chills lasting more than 24 hours.
* Heavy bright red bleeding with clots - changing a sanitary napkin (pad) every 1 to 2 hours.
* Severe cramping.
* Greenish/yellow vaginal discharge or a foul odor.

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same. Clean hands save lives.