

ACTIVITY:

You may use stairs and take short walks. Gradually increase your exercise and activity as tolerated.

Avoid heavy lifting (more than about 10 pounds).

Sexual activity or using a tampon should be avoided for 2- 3 weeks.

PAIN MANAGEMENT:

Cramping is a common side effect for the next few days.

You will be given a prescription for pain medication to be taken at home if needed.

Generally, Tylenol or Extra-Strength Tylenol or an anti-inflammatory will be sufficient to control any discomfort you may have.

REMINDER

Make a follow-up appointment with your doctor as directed.

Further instructions:



Care After Your Loop Electrosurgical Excision Procedure (LEEP)

Patient Education

Surgical Services Patient Education

BLEEDING/DISCHARGE:

You may experience light vaginal bleeding 1-2 days after surgery. It should not be heavier than your normal period.

You may also note some dark colored discharge from solutions used during the surgery.

After several days, a thin, watery discharge may start. This usually subsides after several weeks.

PERSONAL CARE:

Do not use anything vaginally for two weeks no intercourse, no tampons.

It is best to avoid soaking in a tub until after your follow-up appointment.

It is ok to have a shower.

DIET:

You may resume your regular diet

CALL YOUR DOCTOR IF:

- Vaginal bleeding (more than one pad every hour)
- Have a fever higher than 38.5 °C or 101 °F
- Foul smelling vaginal discharge
- After voiding, you have a fullness sensation in the bladder (may be retention)
- Severe pain that is not relieved by pain medication