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Post Operative Instructions for Cervical Conization (LEEP)

1. THINGS TO EXPECT:

- a. Spotting for first 2 to 3 days and then a watery discharge for up to six weeks.
- b. Some increase in bleeding at 10 to 14 days. This is when the equivalent of a scab may fall off the cervix. This may not happen and should be of no concern if it does or does not occur.
- c. Slight cramping and lower abdominal tenderness.

2. THINGS TO CALL ABOUT:

- a. Temperature of 100.4 or above. (Take your temperature if you feel hot or have chills.)
- b. Bleeding that is heavier than a menstrual period. (Soaking a sanitary pad in less than an hour.)
- c. Abdominal aching or sharp pain. (Occasional abdominal cramps are normal.)

3. ACTIVITIES:

- a. No douching, tampons or intercourse for three weeks following the procedure.
- b. No swimming but you may shower or take tub baths.
- c. Resume activities slowly and rest when you recognize the symptoms of fatigue.
- d. You may usually return to full activity 3-5 days after surgery.
- e. Anesthesia department stipulates no driving until 24 hours after receiving anesthesia.

4. RETURN VISIT: Call the office for an appointment to see me in one to two weeks.