

Women's Clinic of Johnson County

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Your post-operative instructions were created for you by the Women's Clinic of Johnson County to aid in your comfort and understanding of the recovery process. Our goal is to provide you with an excellent surgical experience. Thank you for choosing our health care team.

Post-Operative Instructions for LEEP (Loop Electrosurgical Excision Procedure of the Cervix)

Pain Control

You may experience cramping, similar to menstrual cramps for 48 hours after the procedure.

You may take "over the counter" pain relievers that do not contain aspirin such as acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). Do not exceed the daily recommended dose.

Note: If the pain is not relieved by pain medication, call our office.

Activity

You may return to your normal activity one day after surgery. Most patients are able to return to work one day after surgery.

Do not have intercourse or use tampons for four weeks after surgery. Use sanitary napkins only.

You may shower the day after surgery. Do not soak in a bath tub or swim for four weeks.

Vaginal Bleeding and Discharge

You can expect vaginal bleeding like a period, spotting, brown discharge, or watery discharge for up to 3 weeks after surgery.

Some increase in bleeding may occur at 10 to 14 days. This is when the "scab" may fall off of the cervix.

Your doctor likely used a medicine during the procedure that will cause a brown or black discharge for the first few days after the procedure. This discharge may stain clothing.

Note: If you have heavy, bright red vaginal bleeding soaking 1 pad or more per hour, call our office.

Sexual Intercourse

Avoid placing anything in the vagina for **4 weeks** (i.e. tampons, douching, and sexual intercourse).

Follow-up Appointment

You should schedule a post-operative appointment for 4 weeks after surgery. This appointment is important to discuss your pathology results and make a follow up plan.

Call The Office If You Are Experiencing:

- **A fever higher than 100.4 degrees F.**
- **Increasing pain not controlled by pain medication.**
- **Inability to eat or drink without vomiting.**
- **Inability to empty your bladder.**
- **Heavy, bright red vaginal bleeding or foul smelling discharge.**
- **If you feel you need to be seen emergently, please go to the Emergency Department where your surgery was performed so that our physicians may care for you.**

Any questions regarding your surgery or post-operative recovery should be directed to the staff at the Women's Clinic of Johnson County rather than your Primary Care Physician.