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.