



Post operative information after Laser or LLETZ treatment to the cervix

What happens when I go home?

- You may have some vaginal discharge. It may be pink, blood tinged or dark brown- this may not start for 7-10 days
- You may have mild to moderate discomfort similar to menstrual cramps
- For the next 4 weeks you should **NOT**
 - have intercourse
 - Use tampons (use pads instead)
 - Go swimming or use spa pools
 - Do any heavy lifting or sports such as jogging, aerobics, netball or go to the gym.
- You may
 - Shower but not have baths for next 4 weeks
 - Return to work and most normal activities the day after your treatment
 - Continue low impact exercise e.g. yoga, gentle walking

Please contact your GP, surgeon or after hours Clinic after surgery if you experience any of the following:

- Vaginal bleeding that is more than a normal period or if blood clots form
- Feeling unwell, fever and chills or any other signs of infection
- Pain or back aching that will not go away
- Offensive discharge