



*Gina Nelson MD Ob/Gyn*

755-6550

210 Sunnyview Lane, Suite 104, Kalispell, MT 59901

**POST CRYOTHERAPY INSTRUCTIONS**

Cryotherapy is freezing that is done in order to destroy persistent abnormal cells found on the surface of the cervix. An ice ball is formed during the procedure, which will subsequently melt. Thereafter, the destroyed tissue will slough off.

**After the procedure:**

1. You may have a watery or blood-tinged vaginal discharge. Spotting is a normal part of healing.
2. Do **not** douche, use tampons, or have intercourse until 3 weeks following the procedure.

**Call us if you notice any of the following:**

1. Bleeding more than a normal period, or bleeding with clots.
2. A fever of 100.4 degrees F., or above.
3. An increase in pain or pain with sexual intercourse.
4. A heavy or foul-smelling discharge.
5. Any unusual problems or symptoms, or any questions that you may have.

**A FOLLOW-UP PAP SMEAR IS NECESSARY EVERY (6) MONTHS (FOR TWO YEARS) FOLLOWING THIS PROCEDURE. IT IS VERY IMPORTANT THAT YOU KEEP YOUR APPOINTMENTS SINCE HPV INDUCED ABNORMALITIES ON THE CERVIX MAY RECCUR EVEN IF ALL THE ABNORMAL CELLS WERE DESTROYED DURING THE PROCEDURE. DO NOT SMOKE OR ALLOW YOUR SELF TO BE EXPOSED TO SECOND HAND SMOKE. CIGARETTE CHEMICALS ENCOURAGE THE PROGRESSION OF HPV RELATED DISEASE.**

**PLEASE CALL WITH ANY QUESTIONS**