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Post LEEP Cone Instruction and Precaution Sheet

A LEEP (loop electrical excision procedure) has been performed to remove precancerous cells from the cervix. Tissue is removed and will be sent to the lab for testing. Pathology results are usually available in about 5 days.

WHAT TO EXPECT AFTER THE PROCEDURE:

1. Light bleeding is normal the early healing period. If it is heavier than a normal period, please call the office.
2. A 'watery' vaginal discharge will occur after the bleeding. This will become brown, then pink, then eventually whitish over a two week period.
3. Mild cramps usually occur. They generally last only for the first few days after the procedure. Ibuprofen (motrin, advil) and/or acetaminophen (Tylenol) should relieve them. Serious pain should be reported. Keep a foundation of these over the counter meds, and add pain pills as needed sparingly.

INSTRUCTIONS:

1. Do not exert yourself for 24 to 48 hours. Gradually return to your normal activities. By day 2-3 you can usually do sedentary things at home. By one to two weeks you may tolerate a light activities. As tolerated. If bleeding increases, reduce activity. Excess activity can lead to bleeding requiring surgical repair.
2. Do not use tampons, douche or have sex until your post op exam.
3. Do not smoke. Smoking is a grave health risk in general, impairs healing, and greatly encourages the spread of precancerous cells.
4. Eat healthy with protein, fruits and vegetables. Hydrate well, and avoid constipation.
5. Please make sure to make and keep all your follow up appointments and all future pap tests. Abnormal precancerous cells can return even if your procedure was done perfectly and removed them all.

Call the office ASAP with fever, chills, nausea, vomiting or diarrhea, bad pain, excessive bleeding, concerning or foul discharge.

