

# HENDERSON & WALTON

## WOMEN'S CENTER, P.C.

### LOOP ELECTROSURGICAL EXCISION PROCEDURE

#### DISCHARGE INSTRUCTIONS

##### **GENERAL:**

The staff at Henderson and Walton is committed to ensuring that your post-operative experience is as comfortable as possible. A Loop Electrosurgical Excision Procedure (LEEP) is a procedure to diagnose and treat disorders of a woman's cervix. A LEEP is performed using a wire loop that is heated by an electric current to remove abnormal tissue in the cervix. This procedure is done on an outpatient basis and we need for you to follow the instructions below to promote healing and enhance your recovery period.

##### **PAIN MANAGEMENT:**

After this procedure it is common to experience some discomfort such as cramping and/or pain. This is normal. Your physician may recommend anti-inflammatory medications such as ibuprofen to help manage your pain. If your physician feels additional medication is needed, they will give you a prescription. It is advised that you eat before taking any medication and should take only as directed. **Should you experience any of the following symptoms after surgery, please notify your physician:**

1. Fever greater than 101 degrees
2. Severe pain or cramping
3. Heavy vaginal bleeding
4. It is perfectly normal to have mild to moderate bleeding and a vaginal discharge for 4-6 weeks following the procedure.

##### **DIET:**

You may resume a normal diet as soon as it can be tolerated. In the days following your surgery, you should try to increase your intake of fluids, especially water and avoid the use of alcohol with prescribed pain medications.

##### **CONSTIPATION:**

There should not be a problem with constipation due to surgery or pain medication if you eat a well balanced diet. Here are some things that you can do to help prevent this uncomfortable problem.

1. Include roughage in your diet: fruits and vegetables-especially prunes, lettuce and celery. Increasing your dietary fiber such as bran cereals can also help.
2. Drink plenty of water each day.
3. You may use over-the-counter laxatives, milk of magnesia, mineral oil, or stool softeners if needed.

**ACTIVITY:**

Following your procedure, you should rest for the first 24 hours after surgery. Due to the use of anesthesia, you may feel somewhat dizzy or sleepy after your procedure. You should not operate heavy machinery, drive a motor vehicle, consume alcohol, or make any important business decisions for the next 24 hours. It is recommended that you refrain from any heavy lifting or strenuous work during this time. Recovery is progressive, and each day you will feel better. Most individuals having this procedure find that they are able to resume their normal activities within 1-2 days of surgery.

**BATHING:**

You may shower when you feel comfortable. It is recommended that you not swim or soak in a hot tub or bathtub for 2-4 weeks following your surgery. This is to help prevent anything from entering the vagina, which may cause infection.

**SEXUAL INTERCOURSE:**

Avoid intercourse until your physician sees you at your post-operative appointment. To decrease your chance of infection and bleeding, you should not douche or place anything into the vagina such as tampons.

**RETURN APPOINTMENT:**

At the time of your discharge, please call our office and make an appointment with your physician for two weeks after surgery. If you have any problems or questions prior to this appointment, please do not hesitate to contact our office at 930-1800.