

Care After a Loop Electrosurgery Excision Procedure

This information can help you as you recover from a loop electrosurgery excision procedure (LEEP).

If you have any questions, please ask your physician or nurse.

What to expect

Pain

You may have mild cramping in your lower abdomen for a few days after the procedure. You can help relieve the discomfort by using a heating pad, taking a warm bath, or taking pain medication such as acetaminophen (Tylenol®), ibuprofen (Advil®, Motrin®), or naproxen (Aleve®). If your cramping gets very bad, call your physician's office.

Start by taking 600 milligrams (mg) ibuprofen every 6 hours **or** 500 mg Tylenol every 6 hours, as needed. If your pain is not managed, you may increase the ibuprofen to 800 mg every 8 hours **or** the Tylenol to 1,000 mg every 8 hours. If you have any questions about this, please call our office or talk with your pharmacist.

Vaginal bleeding

After a LEEP, you may have vaginal bleeding within the 1st few hours. Vaginal bleeding or discharge may come and go for up to 4 weeks. The vaginal discharge may look like coffee grounds, as a result of the medication that is used to help stop bleeding after the procedure. At some point, you may pass a "clump" of thick, brownish-black mucus. This is normal. It is also normal to have some increased bleeding for a short time after this clot passes. If you are bleeding heavily, or are concerned with the amount of bleeding, please call your physician's office.

Your 1st period after the procedure may come earlier. It may be slightly heavier than usual. This is normal and to be expected.

Activity

You may go back to doing many of your usual activities after the procedure, including bathing, showering and exercise. Do not insert anything into your vagina for 1 full month.

- Do not douche.
- Do not use tampons or menstrual cups.
- Do not have sexual intercourse.

After 1 month, if you have sexual intercourse, you may have vaginal spotting. This is OK unless it becomes heavy or does not stop.

Follow-up care

Healing check

If your physician tells you to, call their office to schedule an appointment for a healing check. This is a quick exam to see how well your cervix has healed. This healing check may be done 2 to 4 weeks after your LEEP.

Date for healing check _____

First Pap smear after the LEEP:

Talk with your physician about when you should have your next Pap smear. This may be 4 to 12 months after the LEEP, depending on the pathology results.

When to contact us

If you have any of the following symptoms, please call our office at 312.926.7700 (TTY: 711).

- Temperature more than 100.4 degrees F
- Foul-smelling vaginal discharge
- Vaginal bleeding that is heavy enough to soak through 1 maxi pad per hour for 2 hours in a row
- Pain that is not helped by taking pain medication or by slowing down and relaxing
- New signs or symptoms that concern you

When you call our office, you will speak with the answering service, who will connect you with a triage nurse or page the on-call physician. They may ask you to come to the Emergency Department.

- For all other questions, call our office at 312.926.7700.
- Submit messages that are not urgent, such as paperwork requests, through MyNM, our patient portal. We may take 2 business days to respond to MyNM messages. Only use MyNM for **non-urgent** messages.
- **For all emergencies, call 911.**