

Care After a LEEP (Loop Electrosurgery Excision Procedure)

The following will provide helpful information to assist you as you recover from LEEP.

What to Expect

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

For the first few hours you may have minor cramping. You may take Tylenol™, Motrin™, or Advil™, to ease the discomfort. Be sure to follow the guidelines found on the medicine bottle. Do not take aspirin or medicines that contain aspirin as they can cause more bleeding. If you have any question about this, please call the clinic or talk with your pharmacist.

Spotting may also occur within the first few hours. Please call if you are having a steady trickle or flow of blood. After one week, you will pass a “clump “of thick brownish- black mucous. This is normal. It would also be normal to have some spotting after this clot passes. If you are bleeding heavily or are concerned with the amount of bleeding, please call the office.

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

Activity

You may shower after the procedure. For the first 4 weeks, no tub baths or swimming. This helps prevent infection. Also during that time, it is important not to insert anything into the vagina; so do not:

- Douche
- Use tampons
- Have intercourse

For the first 7 days, do not engage in any aerobic type exercise—anything that makes your heart beat faster. After this time slowly increase your activity as tolerated. If you begin to bleed with activity, stop the activity and wait a few days longer.

When to Call the Doctor

Contact your doctor/clinic nurse if you note any of the following:

- Fever over 101° F.
- Foul-smelling discharge.
- Bleeding a steady trickle or flow especially if you are not due for your period.
- Pain which is not helped by pain medicine or by slowing down and relaxing.
- New signs or symptoms that concern you.

Follow-up Care

Healing Check

If **requested** by your doctor, call your doctor's office to schedule an appointment for a healing check. This is a quick exam to see how well your cervix has healed. This exam may be done 2 to 4 weeks after your LEEP.

Date for Healing Check _____

First Pap-Smear after the LEEP procedure:

The first pap smear after the LEEP procedure should be no sooner than 4 months.

Any questions or concerns feel free to contact:

Colposcopy Nurse _____ **at 312.472.4047**

Doctor _____ **Office number** _____

After hours or on the weekend, call 312.926.GYNE (4963) to talk to the on-call doctor if you are having a problem and the office is closed.

Northwestern Medicine – Health Information Resources

For more information, contact Northwestern Memorial Hospital's Alberto Culver Health Learning Center (HLC) at hlc@nm.org, or by calling 312.926.5465. You may also visit the HLC on the 3rd floor, Galter Pavilion at 251 E. Huron St., Chicago, IL. Health information professionals can help you find the information you need and provide you with personal support at no charge.

For more information about Northwestern Medicine, please visit our website at nm.org.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital's Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363 or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

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