

Care After a Loop Electrosurgery Excision Procedure

The following helpful information will assist 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

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 becomes severe, 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 relieved, 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.

After a LEEP, you may have vaginal bleeding within the first few hours. Vaginal bleeding or discharge may come and go for up to 4 weeks. The vaginal discharge may look like coffee grounds — 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 mucous. 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 first period after the procedure may come earlier and be slightly heavier than usual. This is normal and to be expected.

Activity

You may resume 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 not concerning unless it becomes heavy or does not stop.

Follow-up care

Healing check

If requested by your physician, call your physician's office to schedule an appointment for a healing check. This is a quick examination 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 312.695.7382, TTY 312.926.6363.

- Temperature more than 101 degrees F
- Foul-smelling vaginal discharge
- Vaginal bleeding that is heavy enough to soak through 2 maxi pads 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 have you come to the Emergency Department.

- For all other questions, call our office at 312.695.7382.
- Submit messages that are not urgent, such as paperwork requests, through the MyNM patient portal. We may take 2 business days to respond to MyNM messages. MyNM should be used for non-urgent messages only.
- **For all emergencies, call 911.**