

Discharge Instructions: LEEP*/Cold Knife Conization

What To Expect

As a result of your procedure today, you may have:

- crampy or sharp pelvic pain or soreness
- vaginal soreness
- dark, clumpy vaginal discharge or that looks like coffee grounds v
- vaginal spotting

Wound Care

- You may shower the day after surgery, but do not put your pelvic area under water for 2 weeks. No soaking means no tub bathing, swimming, or hot tubs.

Restrictions

- No straining or strenuous activity. Walking and going up and down stairs is OK.
- Do not lift anything that weighs over 10 pounds for 4 weeks after your procedure.
- Do not put anything in your vagina for 6 weeks; this means no sex, douching, or using tampons
- You should be able to go back to work the day after your procedure as long as you follow the restrictions above.

Pain Control

- Ibuprofen (Advil®/Motrin®) and acetaminophen (Tylenol®) are over-the-counter pain medicines that work very well for pain control. Please take as directed on the bottle.
- **The maximum daily dose of acetaminophen is 4000 milligrams (mg).** The 4000 mg maximum includes acetaminophen from all sources. Check the labels on all your medications. Acetaminophen may be an ingredient in over-the-counter and prescription medications.
- You can take 600 mg of ibuprofen (Advil®/Motrin®) every 6 hours or 800 mg every 8 hours. Please take it with food and a tall glass of water.

Diet

- You may resume your previous diet. We recommend you begin with lighter foods and if that does not upset your stomach, progress to a regular diet.

*LEEP: Loop Electrosurgical Excision Procedure

Call Us If...

- you have any unexpected or increased bleeding
- you vomit whenever you try to eat or drink
- you have severe abdominal pain, not relieved with pain medications
- your fever is greater than 101°F (38.3°C) or you have a fever with chills
- you have swelling, numbness, or discoloration in your arm(s) or leg(s)

Follow Up Care

- You should be scheduled for a follow up appointment in the clinic 2-4 weeks after your procedure.
- You will receive the final pathology report at this visit and discuss any further recommendations or treatments.
- Since this appointment is very important, please contact the GYN clinic if you do not have one scheduled or if you need to change the date and/or time.

Questions or Concerns

Please contact the GYN Center at **716-845-5855** between the hours of 8:00 a.m. and 5:00 p.m. on weekdays. Nights, weekends, and holidays, please call **716-845-2300** and the Call Center staff will assist you.