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
- 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.