

# LEEP Post-Operative Instructions



**The Loop Electrosurgical Excision Procedure (LEEP) is a common procedure that uses a thin, low-voltage electrified wire loop to cut out abnormal tissue from the cervix or vagina. We strongly encourage you to review and adhere to the following post operative instructions following your procedure.**

Please expect to have some bleeding and spotting for several days. Sometimes your period may come early from this surgery. If the bleeding is excessive (more than 1 pad every 1 – 2 hours and persists for more than a few hours) please call us. You may need to be seen in the office or in the emergency room.

You will experience a yellow discharge for several weeks as your cervix heals. It may even have a little odor, especially if there is some blood associated with it. This is part of the normal healing process.

Do not use tampons, douche or have sex for at least 2 weeks. You may have tub baths after a few days as long as you are not still bleeding. Otherwise, you may resume normal activity within a day or two.

Please make an appointment to be seen in the office in 3 – 4 weeks for a checkup. We will discuss the results from the procedure at that time. Please plan on returning to the office every 6 months for the next 2 years for Pap smears. It is very important that you are followed closely for the next several years to make sure the dysplasia (abnormal cells) does not return. Also, please be diligent in keeping your yearly appointments after that initial two-year period.

Please remember, while we are removing the abnormal cells by doing this surgery, we cannot get rid of the virus in your body. Most likely, you will always have it. For that reason, it is very important that you take care of yourself. The healthier you remain, the better your immune system is in keeping the virus in check.

Staying healthy means:

- Quit smoking. Cutting back is not good enough. You must quit.
- Eat a healthy diet with lots of fresh fruits, vegetables, low fat foods, good cuts of meat, less processed foods and minimal fast foods.
- Getting at least 7 to 8 hours of sleep nightly.
- Refrain from regular, frequent use of alcohol.
- Minimize stress in your life.
- Regular exercise – 45 to 60 minutes – every day.

While these are good guidelines for everyone to follow, they are especially important for those with High Risk HPV, these guidelines will help reduce your risk of developing cervical or vulvar cancer.

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