

L.E.E.P

(Loop Excision Treatment of the Cervix)

The following instructions are provided to assist you with planning your self care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. Plan on getting an adequate amount of rest for a few days following your operation. Do not do any heavy lifting or exercise until Surgeon advises. Return to normal activity gradually.
3. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
4. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
5. Use Regular Strength Tylenol for pain relief if necessary. One to two tablet(s) every 6 hours should be sufficient.
6. Resume your regular diet as tolerated. Do not drink any alcoholic beverages including beer and wine or use recreational drugs for 24 hours after your surgery.
7. It is important to have emptied your bladder (passed your urine) within 6 hours of returning home. If not, return to the Emergency Department of the nearest hospital.
8. Do not have intercourse for 4 weeks after surgery or until the spotting has stopped as this may cause infection or bleeding which could delay healing.
9. You may have yellowish discharge for 3 to 4 weeks. This is normal.
10. You should have your period at the regular time, If you are taking birth control pills, continue to take them.
11. You may shower/bathe any time after your surgery.
14. Contact your Doctor or seek medical attention if any of the following occurs:
 - Signs of infection, including fever and chills
 - Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
 - Cough, shortness of breath, chest pain
 - Pain that you cannot control with the medication that you have been given.
 - Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
 - Pain and/or swelling in your feet, calves or legs.

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If you have any concerns:

- ... call your surgeon/doctor,
- ... or call Telehealth 1-866-797-0000
- ... or come to the Emergency Department at Georgian Bay General Hospital

15. The day after your surgery call your Surgeon's office for your two weeks follow-up appointment.

Specific Instructions:
