



Cascade Women's Health, PC

GYNECOLOGY SPECIALISTS • PHYSICIANS AND SURGEONS

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LEEP AFTERCARE INFORMATION

1. It is normal to have some mild cramping after your procedure. You may take Tylenol and/or up to 800mg of Advil or Motrin to help with the cramping. A heating pad or hot water bottle placed over your lower abdomen may be soothing as well.
2. You will almost certainly have some unusual discharge for up to 1-2 weeks after your procedure. The discharge may appear bloody, black or brown. It may contain chunks or sheets of material. This is from the cautery and paste that was used to control your bleeding.
3. Do not use tampons until the discharge is gone.
4. If at any point you have bright red bleeding heavier than your normal period, please call us. You may need to be seen for some additional control of the bleeding from the LEEP site.
5. Do not take a bath for three days after your procedure. Showers, however, are fine anytime.
6. Do not take a sauna or sit in a hot tub until your follow up visit.
7. The most common complication after LEEP procedure is bleeding. For this reason:
 - **Do not engage in sex for 4 weeks**
 - **Do not lift anything heavier than 20 pounds**
 - **Do not engage in vigorous exercise or activity such as running, skiing, heavy yard work, moving furniture or any other such "working out."**
You may walk, do routine house chores, light gardening and such.
 - **If you are unsure about these restrictions and how they may apply to your life, please ask us.**
8. Call us if you develop a fever, foul smelling discharge or persistent heavy, bright red bleeding.
9. You will need to be seen in 4 weeks to have the LEEP site checked for healing. At that point, it is likely that your restrictions will all be lifted. Occasionally, an additional 1-2 weeks is needed for a more complete healing.
10. We will call you with the pathology results and also discuss the findings at your next visit.