

## LLETZ/ LASER - POST-OPERATIVE INSTRUCTIONS

This is a guide based on average surgical recovery. Surgical recovery happens on a continuum. It is OK to have better and worse days as long as you feel you are making progress. Please browse through the following as this was compiled using questions we often hear. If you are still concerned please give us a call at the office and we will be happy to help.

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## FAQ after LASER/LLETZ Surgery

### ANY PLANNING PRIOR TO SURGERY?

- Prepare some light meals to have ready for your return home.
- Purchase paracetamol 500 mg and ibuprofen 200mg.
- Plan for someone to be home with you at least the first day and night.
- Ensure that you have someone pick you up from the hospital and drive you home after your surgery.

### WHAT CAN I EXPECT IN THE FIRST 24 HOURS AFTER PROCEDURE?

You should not drive or operate machinery. You should not sign legal documentation. You should not drink alcohol. A responsible adult must stay with you overnight.

After a day procedure upon discharge from hospital you should be able to manage your pain at home.

A medical certificate and or carer certificate should have been organized whilst you were in the hospital. Please let us know if you need any changes. We can email the same to you.

You should receive a post-operative appointment (LLETZ only) via email in the time frame advised by Dr Agarwal. Please phone our office if you haven't received it.

## WHAT DO I NEED TO KNOW ABOUT CARE AFTER SURGERY?

Most patients are able to resume their regular activities within 24 hours.

**PAIN AND PAIN MANAGEMENT:** There is usually no pain following this treatment, but some may rarely experience "period like" cramping and or abdominal pain. This may be relieved by non-steroidal anti-inflammatory medications such as Naprogesic or Nurofen in combination with Panadol, Panadeine, however significant discomfort is unlikely. Be proactive about pain medication- take the medication before the pain becomes severe or in anticipation of being more active.

**VAGINAL DISCHARGE:** You may have clear or occasionally blood-stained vaginal discharge for 2 to 3 weeks following treatment. This is normal and part of the healing process. Rarely you may have slight bleeding. If bleeding is heavy (more than a menstrual period OR completely soaks a large pad in one hour) do not hesitate to contact us.

**TAMPONS:** Whilst you are actively bleeding it is wise to avoid tampons for 3 weeks following treatment.

**SEXUAL INTERCOURSE:** We recommend to refrain from sexual intercourse for 3 weeks to allow complete healing.

**SWIMMING/BATHING/STRENUOUS EXERCISE:** should be avoided for up to 2-3 weeks.

**ORAL CONTRACEPTION:** If you are taking the oral contraceptive pill, do not cease it during this time.

**MENSTRUAL PATTERNS:** A few patients find that their menstrual pattern is disturbed. Your next period may commence early, late or be missed completely. It may be light or heavy. If it is significantly heavier and longer than normal or if you have a second abnormal period, contact the surgery/clinic

## WHAT FOLLOW-UP DO I HAVE AFTER MY SURGERY ?

**Laser** : review 12 months with GP.

**LLETZ**: review 6 weeks for review of histology and advise.

Your post-operative review if needed should have been booked/ advised when you had your operation. If this is not the case, please call the rooms at your earliest convenience to do so.

Follow up after your treatment is vital. A co-test (HPV test and Liquid based cytology) is essential 12 months and 24 months' post treatment. A small percentage of patients have persistent, or develop, recurrent disease and this can only be detected at your follow up appointments. Dr Agarwal will organise recall and letter to GP after Laser treatment.

### **POST - OPAPPOINTMENT IS IMPORTANT TO:**

Go through the surgical procedure details to ensure you have thorough understanding of the surgery performed.

- Check the results of histopathology and any other tests performed during or after the surgery.
- Make plans for further treatment. Depending on what you had, you might need further tests, follow up and/or ongoing care.

This appointment is a good opportunity to ask questions about the procedure you had, for example:

- Were there any abnormal findings?
- What further tests will I need?
- A copy of this information, including a copy of the histology will be sent to your GP.

## WHEN DO I CALL?

You should call if you experience any of the following:

Vaginal bleeding that is heavy (heavier than a menstrual period or completely soaks a large sanitary pad) and continues for more than one hour

- Vaginal bleeding that is heavy (heavier than a menstrual period or completely soaks a large sanitary pad) and continues for more than one hour
- Fever greater than 38°C (measure your temperature with a thermometer)

- Foul-smelling, green, or dark yellow vaginal discharge
- Pain or cramping that does not respond to regular doses of simple analgesics
- You think something is not right and you feel you need to tell or check with someone.

## POST SURGERY CONTACT PATHWAY:

IN A LIFE-THREATENING EMERGENCY PLEASE CALL 000

### YOU CAN CONTACT

- Dr Anju Agarwal, Specialists on Honeysuckle– **03 54432276** (office hours)
  - St. John of God Hospital: **03 54343423** (maternity ward)
  - St. John of God Hospital: **03 54343434** (main switch- ask to speak to nursing supervisor)
  - Your local GP
  - Nearest Emergency Department.
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