In a Loop Electrosurgical Excision Procedure or LEEP, a thin loop of wire with a low-voltage electrical charge is used to remove tissue from your cervix. It is a highly effective way of getting abnormal cells out of your body and also lets your care team take a closer look at the tissue to determine whether or not further treatment is necessary. A LEEP can be done under a local anaesthetic. It usually takes about 10 minutes. The site of the LEEP can take a while to heal, so you should not have sex, use tampons, or get into spas or saunas for at least six weeks after you’ve had the procedure. If you have any questions about your LEEP, including why you’ve been advised to have one and how it’s likely to make you feel, just talk to your Lifehouse care team.