



# Post Operative Instructions after LEEP, Cone Biopsy, Hysteroscopy and D&C Laparoscopy

Surgery can be tough on your body, so it's important to give yourself plenty of time to rest and recover. Below are some tips on what to expect and how to make yourself more comfortable.

Don't forget to attend your post-operative follow-up appointments so that your Lifehouse care team can make sure your body is healing.

If you have any questions or concerns during workign hours phone Clinic C on 8514 0060 and after hours call our switch board on 8514 0000 and ask to speak to the gynaecological oncology fellow on call.

## Instructions following a LEEP, LASER or Cervical Cone Biopsy

You may experience "period like" cramping following the LEEP procedure. Usually it will settle down after a short time, but if not simple analgesia such as ibuprofen or paracetamol can be safely taken according to the recommended dosage instructions.

You may have a brownish vaginal discharge, or a small amount of spotting for 2-3 weeks after the procedure. This is normal and part of the healing process. Any heavy or persistent bleeding should be reported to your doctor or the clinic.

No sexual intercourse, tampons, baths or swimming or strenuous exercise (e.g. heavy lifting, cycling or running) for 2 weeks or until the discharge stops. This will allow the area to heal completely and avoid infection.

If the discharge becomes offensive visit your GP as you may required a course of antibiotics.

Some 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 your doctor or the clinic.

Ensure you attend your follow-up appointments.

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### Recovering from Hysteroscopy and Dilation & Curettage (D+C)

Most women are discharged from hospital on the day of their operation. If you are unwell, you might need to spend a night in hospital.

After your surgery, you may experience cramping pains similar to those you might get during a menstrual period. Usually those cramps will settle down by themselves, but if you are bothered by the pain you can safely take a simple analgesia such as ibuprofen or paracetamol.

You may also experience mild bleeding, nausea, fatigue or muscle pain.

Bleeding should settle down in three to five days. Once the bleeding stops, you can get back to your normal physical and sexual activity.

If you experience any of the following symptoms after you get home, contact your local doctor or attend the Emergency Department:

- heavy vaginal bleeding with clots, that doesn't settle down with rest
- an offensive vaginal discharge
- severe pelvic or abdominal pain
- difficulty or pain when passing urine
- fever
- shoulder tip pain (which can be a sign of internal bleeding)
- dizziness or fainting.

### Recovering after a Laparoscopy

After a laparoscopy, it's normal to experience some degree of nausea, discomfort and tiredness. You might also feel pain at the site of the wound or have aching muscles. Sometimes small amounts of gas remain under your diaphragm and these can cause pain in the shoulder tips and rib cage.

You may also experience cramping pains similar to those you might get during a menstrual period. Usually those cramps will settle down by themselves, but if you are bothered by the pain you can safely take a simple analgesia such as ibuprofen or paracetamol.

Once your post-operative symptoms have settled and you start to feel better, you can return to your usual physical and sexual activity. If your symptoms do not settle, you should contact your local doctor.

Five days after your surgery, you can safely remove your surgical dressings.

If you experience any of the following symptoms after you get home, contact someone in your Lifehouse care team or attend the Emergency Department:

- an increasing amount of pain
- abdominal distension or cramping
- vomiting
- high fevers or sweats
- vaginal discharge with an unpleasant smell
- shortness of breath.