

DR MYRIAM GIRGIS

CAMPSIE: 383 Canterbury Rd. Ph (02) 9789 5038

KOGARAH: Suite 5, St George Private Hospital, 1 South Street. Ph (02) 9553 1011

Large Loop Excision of Transformation Zone (LLETZ) Post-operative Care

Apart from the specific instructions given to you depending on the type of surgery you have undergone, the basic general instructions after a LLETZ are as follows. This care sheet gives you a general idea on recovery but different people may recover at a different pace.

What to expect after surgery

- You will be able to go home 3-4 hours after the surgery, after you have had something to eat and drink and are feeling fine.
- You may feel drowsy after surgery due to the anaesthesia. It is advised that you do not operate heavy machinery, drive, or make any important decisions for the next 24 hours.
- You may have a sore throat for the first day or so, because of the airway tube placed in your windpipe during the anaesthesia.
- You may experience some pelvic cramps for up to 48 hours after surgery. This is normal.
- Please arrange for someone to drive you home as you are not allowed to drive on the day of your surgery.
- You may have a small amount of bleeding or brown discharge, that may last for up to 3 weeks. You can wear a sanitary pad or liner during this time.
- You may pass a scab or clot of old brown blood in approximately 14 days. This is a normal part of healing and should soon settle.
- The first menstrual cycle after surgery may be more heavy than usual, which is common and not concerning. If you are soaking up a pad every hour then please seek medical attention. Sometimes the menstrual pattern is disrupted so your next period may be early, late or missed; if you think you are pregnant, please do a pregnancy test.
- You should take contraceptive precautions for 3 months after surgery to give your cervix time to heal.

Pain management

- If you need pain relief, you can take:
 - o Regular paracetamol, 2 tablets every 6 hours regularly for the first 24 hours.
 - o Regular anti-inflammatory medication such as Nurofen, always with food (unless you have a condition that precludes use of anti-inflammatory medication. We will discuss this).
- Following the first 24 hours, take pain medication only when needed.
- Remember pain medication are more successful if you take the medication regularly rather than waiting until the pain is severe.
- If your pain is not controlled with the above measures, contact the practice or I will prescribe something stronger for you before you go home on the day of your surgery.

Medicines

- I will tell you if and when you can restart your regular medications. This is particularly important for blood thinner medications (such as aspirin).
- Please advise me if you take fish oil, St. John's wort or any other over-the-counter or herbal supplements.

Diet

- You may experience some nausea from the anaesthesia or the pain medication which may decrease your appetite. Ensure you keep hydrated.
- You may eat whatever you can tolerate.
- Do not drink alcohol for the first 48 hours after the surgery as the sedative/anaesthesia administered during the surgery may cause drowsiness for the first 1-2 days after surgery.
- Avoid constipation by keeping hydrated and adding fibre to your diet.

Activity

- Rest and avoiding heavy lifting and housework for the remainder of the day of surgery is advisable.
- Most women feel well the next day and return to work and normal activities after a day or two.
- Exercise your ankles & calves whilst in your recovery to minimise your risk for a clot in the leg; clots in the leg can travel to the lungs, i.e. Pedalling your legs back and forth, gentle walks.
- You should not drive for the first 24-48 hours from the procedure (please check your car insurance policy).
- Avoid sex, heavy exercise that causes you to sweat, swimming, baths, tampons and putting anything in the vagina for 4 weeks after surgery (you can shower). This is to prevent anything from entering the vagina and leading to infection. Do not douche; it is not medically advisable as it affects the normal healthy bacteria that maintains a healthy vagina.

Follow-up

I would like to see you between 2 to 3 weeks after the operation. Please ring the practice on 9789 5038 to schedule your post-operative appointment. At the follow up visit I will go with you through the operation findings and discuss further management.

Your continued follow-up is vital. There is a small risk that you will have further abnormal cervical screening tests and an ongoing or recurrent abnormality on your cervix. This can only be detected at your follow-up appointments.

If you have any concerns or questions, please contact the practice. If you experience new or worrisome symptoms it is better to consult me early.

Please notify me immediately if you experience any of the following:

- ◇ Signs of infection such foul smelling vaginal discharge
- ◇ Heavy bleeding and clots from the vagina; it is not normal to have bleeding that soaks a pad within one hour
- ◇ Abdominal pain and cramping, that is worsening and lasting for longer than 48 hours
- ◇ Fever greater than 38.0 degrees C, sudden shivers, chills, sweating or feeling generally unwell
- ◇ vomiting
- ◇ redness, swelling, pain or a hot sore area in your leg or groin
- ◇ Chest pain or shortness of breath
- ◇ Burning and stinging when you pass urine, going to the toilet too often or inability to pass urine

If you get any of the following symptoms, please [contact me or go to see your family doctor or go to The Canterbury hospital Emergency Department](#) and ask the ED doctor to contact me.