



Advice after excisional treatment of the cervix

Information for patients

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email

whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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You have had treatment to remove the abnormal cells from the neck of the womb(cervix) by a diathermy loop, laser, or by a fine needle excision.

What to do today?

You are advised to take the day of treatment off work and to rest at home. Most women can return to work the following day but avoid strenuous physical activities.

Please take pain killers (two tablets of 500mg Paracetamol or Two tablets 200mg Ibuprofen or any pain killers you usually take) if you experience any pain over the next few days.

What will happen next?

During the next four to six weeks the healing process takes place, and a new healthy skin forms on the cervix.

- Treatment requires follow-up care: it is important to keep your follow-up appointments to ensure the best possible results.
- We will write to you in four to six weeks with your results and to inform you when to return for your follow-up appointment.

- If you do not receive a letter after six weeks, please contact the colposcopy clinic on the number provided in your letter. Usually you are expected to have a cervical screening test (smear/HPV test) in 6 months after the treatment.

Sexual intercourse after Treatment

During the first four weeks, do not use tampons and do not have sexual intercourse. After the first four weeks you can have intercourse, but it is better if your partner uses a condom for the following four weeks while the new skin is established on the cervix.

Vaginal discharge after Treatment

- Mild vaginal discharge sometimes dark in colour is not unusual. Dead tissues / burnt tissues can come out with the discharge.
- If you notice smelly and yellowish discharge, it could be due to mild infection in the cervix. In that situation, contact your GP. They may take a vaginal swab and prescribe a course of oral Antibiotic.

Bleeding after Treatment

- Be prepared for some bleeding and a messy vaginal discharge. This is usual after treatment and may continue intermittently for up to four weeks. The bleeding can be like a heavy period or, on some days, like a brown vaginal discharge. Your normal period will come at the correct time and this may be difficult to distinguish from the bleeding from your cervix.
- To prevent heavy bleeding you are advised to avoid strenuous physical activity for four weeks.
- If you remain concerned that the bleeding is too heavy, contact your GP or attend ED (Emergency Department) at Whittington Hospital or any nearby NHS Hospital.

If you have not received any letter from this unit in 6 weeks' time, then please contact the Whittington Health's Colposcopy clinic on 020 7288 5118 during office hours.

whh-tr.womenshealthadmin@nhs.net

Nurses' line: 020 7288 3138 - please leave a message and we will respond within 24 hours (weekdays)