



PIEDMONT  
WOMEN'S  
HEALTHCARE

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### After Your LEEP (Loop Electrosurgical Excision Procedure): **Expectations and Instructions**

1. **PAIN:** Mild menstrual-like cramping and sharp vaginal pain is normal after having a LEEP. Take ibuprofen (Motrin) 600mg every 6 hours as needed for this pain. You may also add acetaminophen (Tylenol) 650mg every 6 hours if needed. If your pain is not controlled by these two medications (in addition to any other medications prescribed by your physician), please call the office.
2. **VAGINAL BLEEDING and DISCHARGE:** You may have light vaginal bleeding and pass a few small clots for up to 2 to 4 weeks following your LEEP. You should also expect to have an unusual vaginal discharge for up to 2 weeks, which may be white, yellow, or orange in color and have specks of black (similar to coffee grounds). If you have heavy bleeding (saturate one pad per hour for two hours in a row, or pass clots larger than the size of a tennis ball) or have a foul smell to your discharge, please call the office.
3. **ACTIVITY:** You may return to most of your normal daily activities immediately after the procedure, but you should not engage in strenuous exercise for 3 to 5 days.
4. **HEALING:** To permit the cervix to heal, do not put anything in the vagina for two weeks. In other words, no sex, tampons, or douching.
5. **RESULTS:** Please schedule a follow-up visit for 2 to 3 weeks from today. At that appointment, your physician will examine your cervix to ensure that it is healing well, review your pathology results with you, and discuss next steps.