

## ***Your important health information***

# **Laser/LLETZ**

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You have had Laser/LLETZ treatment to remove pre-cancerous cells from the cervix.

A LLETZ involves taking a piece of tissue that is then examined by pathology.

A yellow coloured paste, called Monsel's solution may be applied to the treated area to reduce any initial bleeding. After a day or two this solution will be discharged from your vagina as grey-black coloured sediment.

You may have a blood-stained watery discharge for three to four weeks. Healing after Laser/LLETZ treatment is rapid but variable.

### **We strongly recommend that you take note of the following:**

- **If you experience bleeding heavier than your normal period and/or blood clots you should call the Gynaecological Oncology Unit from 8.30am to 5pm on 8458 4860, or after hours go to your nearest emergency department.**
- Infections are uncommon, however, if your vaginal discharge is offensive, or you are experiencing fever or pelvic cramps, please call 8458 4860.
- Do not have sexual intercourse, use tampons or put creams into the vagina for at least four weeks.
- To reduce the risk of infection you are advised to avoid pools, spas and baths (showering is ok), vaginal sexual intercourse and using tampons until your vaginal bleeding has stopped.
- Do not engage in heavy exercise (that is aerobics, running, weights) for three days following the procedure.

### **Should you experience pain/discomfort**

Following the procedure you may have mild pain. You can take two tablets of paracetamol 500mg every four to six hours if you are uncomfortable.

You last had paracetamol at \_\_\_\_\_ am/pm.

Do not take any medications containing paracetamol until after \_\_\_\_\_ am/pm.

### **Do not take more than 8 tablets containing paracetamol in a 24 hour period.**

If you are able to take anti-inflammatory medications, ibuprofen can also be taken if needed for pain relief. Take two tablets of 200mg ibuprofen, with food, up to three times a day when needed.

You last had anti-inflammatory medications at \_\_\_\_\_ am/pm.

Do not take any more anti-inflammatory medications until after \_\_\_\_\_ am/pm on \_\_\_\_/\_\_\_\_/\_\_\_\_.

**Stop taking anti-inflammatory medications if you are dehydrated, experience reflux or heartburn.**

**Some over-the-counter products contain paracetamol/ibuprofen in combination with other medications such as cold and flu tablets. Check with your doctor or pharmacist.**

**Do not take aspirin or aspirin containing medications (unless told to do so by your doctor).**

**In the 24 hours after surgery you must not:**

- drive a motored vehicle
- go to work
- be the sole carer for another person
- drink alcohol
- make major decisions or sign legal documents
- operate machinery
- engage in sports.

You are required to have a responsible adult stay with you overnight.

**If you are worried, contact:**

- your general practitioner (GP)  
or
- NURSE-ON-CALL on 1300 60 60 24.

**In an emergency:**

- call 000 for an ambulance  
or
- go to your nearest emergency department.

**Following Laser procedure**

You will be required to have a follow-up cervical screen test in 12 months. This needs to be organised by your general practitioner (GP) or referring doctor.

**Following LLETZ procedure**

Your pathology results will be reviewed and you will be contacted with a management plan.

**Further Information**

If you have any questions regarding this information, please contact:

**Mercy Hospital for Women**

**Gynaecological Oncology Unit**

9am to 4:30pm  
Phone: 03 8458 4860

**Day Surgery Unit**

Monday-Friday 9:30am to 6pm  
Phone: 03 8458 4104

**Acknowledgements**

Produced by: Day Surgery Unit MHW

Date produced: June 2014

Date of last review: October 2022

Date for review: October 2025