

Post Operative Instructions: LEEP (Loop Electrical Excision Procedure)

1. Expect vaginal bleeding for up to 10-14 days with the heaviest bleeding in the first 48 hours.
2. Expect mild to moderate cramping for 2-3 days. Take ibuprofen 400 mg every 4 hours as needed for pain. You can also alternate with tylenol XS 500 mg every 6 hours as needed for pain. All medications should be taken with food.
3. Call the office if you experience foul smelling vaginal odor or discharge, excessive bleeding of greater than 1 pad per hour, fever 101 degrees Fahrenheit or greater, excessive nausea, vomiting or severe pain not controlled by pain medications.
4. Pelvic rest for 2 weeks which includes abstaining from intercourse and using pads instead of tampons or a menstrual cup. Showering is preferred over bathing in a tub. Avoid swimming.
5. No driving for 24 hours after anesthesia.
6. No vigorous exercise for 48 hours.
7. If you experience constipation, increase high fiber foods. You can also take colace or miralax. For severe constipation try dulcolax.