

Patient information factsheet

Recovering well after a LLETZ procedure under general anaesthetic

We have given you this factsheet because you have had an operation known as a 'LLETZ procedure' (also known as a 'loop diathermy of the cervix') under general anaesthetic.

We hope this factsheet will help to answer some of the questions you might have after the operation. If you have any other questions or worries, please do ask us.

Common symptoms after a LLETZ procedure

Pain and discomfort

After your operation, you may have some period-like cramps.

Use over-the-counter pain relief, such as paracetamol or ibuprofen. Always read the label or instructions before taking medication.

You can take your next dose of pain relief at:(time)

Vaginal bleeding and discharge

You may have some vaginal bleeding for a few days after the operation. Use sanitary towels only. Do not use tampons or menstrual cups for four weeks, as they can increase the risk of infection.

At around 10 days after the operation, you may have some further bleeding, which can last for up to four weeks. This is a normal part of the healing process.

You may also have some vaginal discharge. This can be brown in colour to begin with, and may continue as watery, yellowish discharge for another two or three weeks. This is normal.

If your discharge becomes thick, green in colour or offensive smelling, contact your GP or **111** as this could be a sign of infection.

To begin with, you may notice some changes to your menstrual cycle. This is normal after a LLETZ procedure, but if you have any concerns, contact your GP.

When to seek medical advice

Most women recover well after a LLETZ procedure, but as with any operation, there can sometimes be complications.

Contact Bramshaw Women's Unit on 023 8120 6035 (up to two weeks after the operation) **or contact your GP or NHS 111 if you experience:**

- increasing abdominal (tummy) pain
- heavy blood loss (soaking through two pads in an hour)
- a temperature (fever)
- thick, green or offensive smelling vaginal discharge
- vomiting and a loss of appetite
- difficulty passing urine (peeing), burning or stinging when passing urine, passing urine frequently or retention of urine
- a painful, red, swollen, hot leg or difficulty bearing weight on your legs (this may be caused by a deep vein thrombosis (DVT))

Recovering after the operation

Side effects of the anaesthetic

For the first 48 hours after the anaesthetic, you may feel more sleepy than usual and your judgement may be impaired.

For 48 hours, do not:

- drive (each insurance company will have its own conditions for when you are insured to start driving again, so check your policy)
- drink alcohol
- work
- exercise
- handle machinery (including an oven or hob)
- sign any legal documentation

Washing

You can have a shower the day after the operation, but avoid having long baths for the first four weeks. If you have had a general anaesthetic, you might feel dizzy, so have an adult around to help you if needed, and leave the bathroom door unlocked.

Diet and fluids

You can eat and drink as normal.

Sex

Avoid having sex for four weeks after your operation.

Exercise

After your operation, it's fine to do some gentle walking and moving around.

Avoid heavy exercise, such as going to the gym or exercise classes, for at least 48 hours after the operation. Avoid swimming for two to four weeks, to prevent infection.

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Getting the results of your LLETZ procedure

The small piece of cervix that was removed in your operation will be sent to the laboratory for testing. We will send the test results to you and your GP in the post.

If you need to come back to the hospital clinic for a follow-up appointment, we will send you a letter in the post.

Useful links

Royal College of Obstetricians & Gynaecologists

www.rcog.org.uk

The British Society for Colposcopy and Cervical Pathology

www.bsccp.org.uk

Contact us

If you have any questions or worries, please call the Bramshaw Women's Unit on **023 8120 6035**.

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**