

Loop diathermy

Women's Health

Aftercare advice following loop diathermy treatment to the cervix

Today you have had loop diathermy treatment to your cervix. This means that the area of abnormal cells on the cervix has been removed and will be sent to the laboratory for analysis.

Aftercare

You should feel well enough to continue your normal routine. However, some women might like to take things easy and rest for the remainder of the day. The treatment can be an emotionally draining experience, so give yourself time to recover.

Pain

A slight backache and/or period cramps are sometimes felt for an hour or so after treatment and can be relieved by taking some of your usual painkillers, such as ibuprofen or paracetamol.

Bleeding

24-48 hours following treatment you may get some fresh bleeding. This can become a reddish, watery discharge that can last up to six weeks. The discharge may contain some black particle – this is quite normal. If you experience an offensive smelling discharge you should make an appointment to see your GP. It is possible that you may have an infection that can be easily treated with a course of antibiotics.

Sanitary towels

Please use sanitary towels instead of tampons while you have discharge and during your first period following treatment. This is because the raw area on your cervix heals with a scab and if tampons are used it could knock the scab and cause bleeding.

Bathing/showering

You may bath and shower as normal.

Sex

Please do not have sex while you are still experiencing any discharge.

Exercise

It is advisable not to swim while you are still experiencing discharge. Strenuous exercise such as aerobics, horse riding, cycling or jogging should be avoided for one week.

Follow up appointments

The colposcopist will write to you in about three to four weeks' time giving you the result of your treatment and future care. This may be a smear at the Colposcopy Clinic or with your GP.

Contact us

Remember, we are here to help you. If you have any queries or concerns please ring the department on the number below between the hours of 8am-5pm, Monday to Friday, and speak with a member of the nursing staff.

Leatherhead Hospital
Tel. 01372 384340

St Helier Hospital
Tel. 020 8296 2954 and select the option Colposcopy

In case of emergency

If you think that you have an urgent medical problem and we are unavailable for advice, we recommend you go to A&E.

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