



## LLETZ Post-Operative Care

After your LLETZ procedure you will be discharged home. As there are no cuts through muscle or skin, theoretically there is no limitation to physical activity after the procedure. However it is generally recommended that you take it easy for the first 48 hours.

A post-operative appointment has been made for you with Dr Alice Huang to review your recovery progress and pathology results in 3 weeks' time. Please contact our rooms if you would like to confirm your appointment details.

After your procedure you will likely experience discharge, and this may last for up to 2-3 weeks after the procedure. This discharge can vary in colour and consistency. Some women describe the discharge a few days after the procedure as looking like "chicken skin". Please be reassured that this is an after effect of the medication applied during the operation for infection and bleeding control.

Please avoid intercourse, spas or swimming pools, and other strenuous activities until 1 week after the discharge settles, to minimise the chance of infection.

Things to watch out for (signs of infection) include:

- 1) An increase in bleeding (if not at the time of an expected period)
- 2) Unpleasant smell
- 3) Fever
- 4) Pain, frequency or burning when you pass urine (these symptoms may indicate a urinary tract infection)

If any of these symptoms occur, please contact Dr Alice Huang's rooms or see your GP for assessment and possible antibiotics treatment.

*How to contact Dr Alice Huang:*

Office Hours: Monday – Friday, 9am – 4pm

Please call (03) 9417 1088 or email [reception@dralicehuang.com.au](mailto:reception@dralicehuang.com.au)

Emergency After Hours Pager: (03) 9387 1000

*In an Emergency, please attend your local emergency department, or either:*

The Women's Emergency, Grattan St, Parkville or

Epworth Richmond Emergency, Bridge Road, Richmond

### **Disclaimer:**

This advice is intended as a guide only. Each patient is an individual and treatments may vary. If you have any questions or concerns, please contact our rooms for assistance.