

**To avoid infection of your healing cervix, we recommend:**

- No sexual intercourse for three weeks
- Pads, not tampons for three weeks
- Showers instead of baths for three weeks
- No swimming for three weeks
- Not to use a spa pool for three weeks
- Avoiding heavy lifting and strenuous activity for at least three weeks i.e. Jazzercise, jogging, aerobics)
- Taking life quietly for a couple of days.

**Please contact us straight away if you experience the following after treatment:**

- Bleeding that is bright red, heavy or has clots
- Pain in the lower abdomen or back aching that will not go away
- Feeling unwell ( hot , cold , feverish, thirsty)
- Feeling worried about your recovery

**Contact details**

- Contact the Colposcopy Clinic ph 631–0756 during weekdays 8.00am to 4.00pm.
- After hours ph 367 0000 and ask for the Senior Nurse of the Women's assessment Unit

**Please ring to speak to a gynaecology nurse if you have any worries or questions about your treatment.**

# Laser Treatment of the Cervix

Gynaecology Service  
National Women's Hospital  
Updated April 2006  
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## **Laser Treatment of the Cervix**

### **Welcome to the National Women's Gynaecology Service Tena Koe Noho Ora Mai**

#### **Introduction**

This brochure is for women who have been recommended to have laser treatment to remove abnormal cells from their cervix. This is a method of treating the cervix, quickly and comfortably. It removes the abnormal area with a laser beam. The excised area is then sent to the laboratory for further examination.

Abnormal cells can be removed by laser in two ways

- Laser ablation, which destroys all abnormal tissue present or
- Laser Cone Biopsy where a piece of tissue in the shape of a small cone is removed from the cervix. This piece of tissue is then examined under a microscope.

#### **What does the treatment involve?**

You may eat and drink as usual before coming to the clinic as you will be awake throughout your treatment. Your full visit may take up to one hour. You may like to bring a support person with you.

When you have the treatment you will be in the same position as you were for your previous colposcopy. The Laser machine is joined to the colposcope. For your safety you will be asked to wear a pair of protective glasses. The nurse will also wear glasses and a mask. A metal speculum will be inserted and an injection of local anaesthetic will be put into the cervix, so it will be numb while the treatment is

being given. This may sting slightly, cause your heart to beat a little faster and make your legs feel shaky. These feelings pass within a few minutes and slow deep breathing will help you relax.

If you wish to watch the treatment on the video screen, you will notice a small red light that is used to guide the laser beam. The laser machine can be quite noisy while your treatment is being carried out. Treatment takes 10–15 minutes. Please let us know if you feel any discomfort as a minor adjustment to the equipment may help. A sanitary pad is provided at the end of treatment for any discharge or bleeding.

Once your treatment is finished you will be taken to rest in a lazy boy chair and relax with a warm drink. We suggest you remain with us for 20 minutes and then check your sanitary pad for bleeding. If you are bleeding, tell the nurse. We suggest you try to have 1 or 2 days rest. This may mean taking some time off and putting your feet up. Please phone the Colposcopy Clinic for your results after 3 weeks. You will receive an appointment for a follow up visit in 4 months time.

#### **What to expect afterwards**

You may have a watery discharge and some bleeding as well. Sometimes the discharge contains black flecks of lasered tissue and may be strong smelling. This is part of the normal healing process and may last for up to three weeks. Your next period can be earlier or later than expected and could be heavier than usual.