



LLETZ AND CONE BIOPSY

Post-Operative Information

LLETZ (Large Loop Excision of the Transformation Zone) and Cone Biopsy are procedures used to remove abnormal cells from the cervix. These procedures are usually recommended after an abnormal cervical screening test or colposcopy, to prevent the development of cervical cancer. Both procedures aim to remove all abnormal cells while preserving as much healthy cervical tissue as possible.

A LLETZ involves removing a thin layer of the cervix using a small wire loop with an electrical current. It is a quick and effective treatment, often performed under local or general anaesthetic.

A Cone Biopsy removes a larger, cone-shaped section of tissue from the cervix and may be recommended when the abnormal area is more extensive or needs further assessment. This procedure is usually performed under general anaesthetic, and the tissue is sent to the laboratory for detailed analysis.

Your procedure item numbers may include:

- LLETZ PROCEDURE
- CONE BIOPSY
- DIATHERMY of CERVIX
- COLPOSCOPY

Most patients go home the same day. Please arrange for someone to take you home from hospital, as you won't be able to drive or take public transport alone.

Pain

It is common to have pelvic or abdominal discomfort after surgery. Use your prescribed pain relief as needed.

Vaginal Discharge and Bleeding

There will be a watery pink/brown discharge for several days to weeks following your treatment, longer if you are post-menopausal.

If this becomes offensive in smell, or discoloured (yellow or green), please telephone the rooms as this can be a sign of infection. This is easily treated with antibiotics, but it is preferable to start treatment early. Should antibiotics be required we can fax a script to your preferred Pharmacy allowing you to commence treatment on the same day so please ensure you have the pharmacy name, address, phone and fax numbers available when you call.

Contact the Rooms or your GP if bleeding becomes heavy or you pass clots larger than a 50-cent coin. If you are soaking more than a pad an hour or feel lightheaded or dizzy please present to your closest emergency department.

Exercise and Physical Activity

- You can return to everyday tasks and light activity straight away.
- Exercise and walking can safely be resumed **the next day**.
- Following a LLETZ procedure or cone biopsy, avoid strenuous activity for 2 weeks.

If any form of exercise causes you significant discomfort, you must stop it immediately.

Time Off Work

- Most people feel well enough to return to work in **1–2 days**.
- If your job is physically demanding, you may need slightly longer.

Bathing and Swimming

If you wish to go swimming in the 10 days following your treatment, please gently insert a tampon to swim and remove it immediately upon leaving the water. After this time you can go swimming as you would normally.

Driving

Most patients can drive after 1–2 weeks if:

- No longer taking strong pain medications
- Can perform an emergency stop without hesitation or pain

Please check your car insurance policy for specific post-surgical requirements. Always follow your insurer's advice if they require a longer recovery period before driving.

Intercourse

Avoid sexual intercourse for 4 weeks.

Tampons

Avoid for up to 4 weeks post op.

Bowel Care

Constipation is common after surgery. Fasting, bed rest and medications for pain can all contribute to slowing of bowel function in the first few days. Constipation can lead to significant post op pain, so it is important to prevent and manage.

To avoid constipation:

- Drink plenty of fluids, mobilise and eat a healthy fibre rich diet as soon as possible post op
- Use over-the-counter options like **Movicol** (softens and bulks stool to naturally trigger a bowel movement) or **Coloxyl** (stool softener) before constipation becomes a problem.
- If you feel that your rectum is full but you are unable to evacuate it, **glycerine suppositories** may also help
- Sometimes a Microlax or fleet enema may be required, if constipation is severe. All of these medications can be purchased without a prescription from any pharmacy.

If constipation persists despite the above, please contact your GP.

TED Stockings

You do not need to wear compression stockings at home unless advised by your surgeon.

Pain Relief

You may be prescribed:

- **Paracetamol** and **anti-inflammatories** – take regularly as directed
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Vaginal Medications

You may restart vaginal oestrogen (e.g. Ovestin, Vagifem) 4 weeks post-op.
Wait 1–2 more weeks if insertion is uncomfortable.

Follow-Up Appointment

A post treatment appointment may be scheduled for you 1-6 weeks after your procedure. Usually, a follow up cervical screening test is required with your GP 12 months post op.

When to Seek Medical Advice

Please contact our Rooms or your GP if you experience any of the following:

- Increasing pain in the abdomen, pelvis or back, not relieved by taking analgesia, or is severe when you move, breathe or cough
 - Persistent or heavy vaginal bleeding or discharge, or passage of large clots
 - Offensive smelling vaginal discharge
 - An elevated temperature or fever
 - Shortness of breath or chest pain
 - Swelling of your abdomen
 - Nausea or vomiting that is worsening
 - Pain, burning or stinging, or difficulty when passing urine
 - Persistent or worsening redness, pain, discharge, increasing swelling or an enlarging bruise around your wound
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Contact Details

Dr Leake, Dr Pontré and Dr Fitzgerald

- **During business hours:** Call the Rooms at (08) 9389 5065
- **Non-urgent post-op questions:** Email: nurse@leake.com.au

Dr Karthigasu, Dr Robertson and Dr Julania

- **During business hours:** Call the Rooms at (08) 93898900
- **Non-urgent post-op questions:** Email: reception@karthigasu.com
info@drpipparobertson.com
reception@julania.com.au



Please note: emails are not monitored 24/7

Emergency requiring urgent care: Attend **KEMH Emergency Department** or your **closest hospital**.

In a medical emergency (e.g. difficulty breathing, chest pain, or very heavy bleeding):
Call **000** immediately.