



# Large Loop Excision Transformation Zone (LLETZ): aftercare advice

## Information for patients from Day Surgery

You have had treatment to your cervix. This leaflet explains how you will feel after your procedure and what you should do to look after yourself.

### After your procedure

- Avoid using tampons until after your first period or until four weeks after treatment to allow the treated area to heal.
- Avoid sex for four weeks after treatment to allow the treated area to heal and reduce the risk of infection.
- Avoid swimming for two weeks following treatment, to minimise the risk of infection.

### Is bleeding and discharge normal?

Yes. You should expect to experience some vaginal discharge/bleeding following your treatment. The amount of loss varies from woman to woman, but can last for anywhere up to four weeks. The loss may be a watery discharge and/or a light blood loss. You will have some frank bleeding about 10 days after your procedure. This means your wound is healing and the scab has fallen off.

However, if your loss becomes excessive, green or brown in colour, or smells unpleasant, you may have developed an infection and should speak to your GP for advice.

Out of normal working hours (after 5pm and at weekends) if you experience excessive bleeding, you should go to your nearest accident and emergency (A&E) department.

Occasionally, bleeding may go on for longer than normal. This can sometimes mean you have an infection which may need treatment with antibiotics. You should ask for advice, as mentioned above.



## Will my next period be normal?

Your next period may be heavier than is usual for you.

## Can I take painkillers?

The local anaesthetic usually wears off after about one to two hours. You can continue to take mild painkillers, such as paracetamol, as needed.

## When will I get my results?

We will write to you as soon as your results are available (usually two to four weeks after treatment), with a copy sent to your GP.

## What if I have any questions or concerns?

If you have any queries (especially if you are getting increasing pain, redness, or swelling after 48 hours) please do not hesitate to contact Day Surgery on the numbers below or your GP.

- Channel Day Surgery, **William Harvey Hospital**, Ashford  
Telephone: 01233 61 62 63 (24 hours a day, 7 days a week)
- Canterbury Day Surgery Centre, **Kent and Canterbury Hospital**  
Telephone: 01227 78 31 14 (7:30am to 8pm)  
Telephone: 07887 68 76 45 (8pm to 7:30am)
- Day Surgery Unit, **Queen Elizabeth the Queen Mother Hospital**, Margate  
Telephone: 01843 23 44 99 (7:30am to 8pm)  
Telephone: 07887 65 11 62 (8pm to 7:30am)

Alternatively, you can contact the Colposcopy Unit, see the contact details on your appointment letter.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

**Patients should not bring in large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

**Further patient leaflets** are available via the East Kent Hospitals web site [www.ekhuft.nhs.uk/patientinformation](http://www.ekhuft.nhs.uk/patientinformation)