

Post-Cryotherapy Care of the Cervix

1. During the post-cryo period, you should expect a heavy discharge. You may have spotting or bleeding like a light period. The discharge should last no longer than 2-3 weeks after the treatment. Any bright red or heavy bleeding should be reported to the office.
2. If the discharge becomes odorous or offensive, you may use a vinegar douche (2 tablespoons vinegar to 1 quart of water). If the discharge remains after the douche, please notify the office.
3. Sanitary pads should be worn during the day for the duration of the discharge. Plain, regular size tampons may be worn only at night. This should be followed until the discharge stops.
4. No sex for a minimum of two weeks. Then you will be advised at your four week follow-up visit of further restrictions. It is advised that condoms (rubbers) be used for at least four weeks. Then normal sexual activity may resume.
5. Follow-up: (a) You will be examined two to four weeks after treatment to document healing. (b) The most important follow-up exam will be at three to four months post-cryo. Your pap smear will be repeated and colposcopy may be done. At this time further evaluation and follow-up visits will be discussed. **CLOSE FOLLOW-UP IS VERY IMPORTANT! PLEASE KEEP ALL APPOINTMENTS CONCERNING YOUR FOLLOW-UP.**
6. Report any fever, chills, or heavy bleeding to the office.

IF YOU HAVE ANY QUESTIONS OR PROBLEMS CONCERNING YOUR CARE, PLEASE FEEL FREE TO CALL. THANK YOU.