

## **CERVICAL CRYOTHERAPY**

Cervical cryotherapy is an office procedure which involves freezing an area of abnormal tissue on the cervix. This tissue gradually dissolves and the cervix heals in a much more normal manner. Usually only one cervical cryotherapy is necessary to destroy the abnormal tissue.

The cryotherapy procedure usually lasts 5 minutes and produces a slight amount of discomfort. Following the procedure:

1. There may be a slight cramping for 2 to 3 days.
2. There is almost always a profuse watery discharge requiring several pad changes daily.
3. The discharge is frequently bloody, particularly about the 12th to 16th day after the procedure.
4. The patient may douche with warm water to help control the discharge.
5. If vaginal douching is prescribed, it should be inserted gently high into the vagina.
6. Excessive bleeding after cryotherapy is rare, however, should you bleed more in amount than your normal menstrual period, call the office and speak to a nurse.
7. Sexual intercourse is not harmful.
8. Four (4) months after cryotherapy your pap smear should be repeated.

Please schedule an appointment for a follow up visit 4 months after cryotherapy. At this time the Pap smear will be repeated to ensure that all cells are within normal limits. At this visit, your doctor will let you know when you should return.