

# Information post-women's surgery:

## LLETZ (Large Loop Excision of the Transformation Zone)

Please check that you have the following information or services before you go home (discharged) and that you understand their purpose. Ask if you are unsure or would like more information.

- |   |  |
|---|--|
| <input type="checkbox"/> Outpatient appointment or when to see local GP   | <input type="checkbox"/> Discharge medications                 |
| <input type="checkbox"/> Private X-rays, personal belongings, medications | <input type="checkbox"/> Copy of Discharge Summary             |
| <input type="checkbox"/> Travel bookings and forms (if applicable)        | <input type="checkbox"/> Medical certificate                   |
| <input type="checkbox"/> Outpatient procedures as requested               | <input type="checkbox"/> Family notified                       |
| <input type="checkbox"/> Where and when to seek advice                    | <input type="checkbox"/> Contraceptive / Fertility information |
| <input type="checkbox"/> Compliments and Concerns pamphlet                | <input type="checkbox"/> .....                                 |

### Medications

It is normal to have some pain (including cramps) post-surgery. Taking regular paracetamol (Panadol®) every four to six hours will help to keep your pain under control (see manufacturers instructions for recommended dose). A maximum of only eight paracetamol tablets per day is advised. Additionally, to help with cramps and pain, non-steroidal anti-inflammatory medications such as ibuprofen (Advil®, Nurofen®) may be useful.

If contraception is a concern to you, it is important to use some form of contraception for the first three months after your operation to give your cervix time to heal. You will need to start this immediately if on hormonal contraception (e.g. the pill, Depo®) or as soon as possible. Barrier methods (e.g. condoms, diaphragm) can be used when you recommence intercourse. For more information, speak to your doctor, nurse or Family Planning Queensland ([www.fpq.com.au](http://www.fpq.com.au)).

### First 24 hours

After your operation and because of the effects of the anaesthetic, it is important that you:

- Have a responsible adult stay with you for at least your first 24 hours at home.
- Rest quietly at home for 24 hours following discharge and gently ease back into normal activities.
- Do no heavy lifting, housework or cooking.
- Do not operate heavy machinery or electrical appliances.
- Do not drink alcohol or drive a car.
- Do not sign any important or legal documents.
- Do not swim or use spa baths (for four weeks) due to increased risk of infection.
- Avoid constipation by drinking extra water and adding fibre to your diet.

### Vaginal discharge

- Within 24 hours of your operation your bleeding should settle to be like a menstrual period. You may experience a slight pink or brown discharge on your sanitary pad or liner for the next five to ten days.
- Expect in approximately 14 days to pass a scab or clot of old brown blood. This is a normal part of healing and

should soon settle.

- Do not use tampons or douche as this may cause infections.
- If you still have periods, expect them within four to six weeks of discharge, unless otherwise advised.
- If your bleeding continues or becomes bright red and/or you develop an offensive smelling of abnormal coloured discharge you should seek your local doctor's advice or go to your local or Royal Brisbane and Women's Hospital emergency department.

## Activity

- Rest is important, however, you should be able to resume your regular activities within a day or two, unless otherwise advised.
- Avoid vigorous exercise for two weeks.

## Sexual activity

Penetrative sex (vaginal intercourse) is not recommended until bleeding stops and healing has occurred (about four to six weeks). Additionally, you may need to use a water-based lubricant (e.g. KY Jelly® or Sylk®) when recommencing sexual activity.

## When to seek advice

If you are discharged from Women's Recovery (Level 5 Day Surgery Unit) on the day of your operation, a nurse will phone you the next day to check on your progress. However, if you have concerns after this phone call please contact your local doctor or 13 HEALTH.

If you experience any of the following symptoms that are not relieved by your usual medications or practices you should seek your local doctor's advice, or go to either your local or the Royal Brisbane and Women's Hospital (RBWH) emergency department as soon as possible:

- Sudden shivers or chills, hot flushes or sweating.
- Fever and feeling generally unwell.
- Unusual shortness of breath or chest pain.
- Cramping lasting longer than 48 hours, with worsening pain.
- Heavy or prolonged vaginal bleeding or large clots (especially if bright red). It is not normal to have bleeding that soaks a pad within one hour more than once.
- Offensive smelling or unusual coloured vaginal discharge.
- Burning, stinging, excessive frequency or inability to pass urine.
- Tenderness and/or swelling or a hot sore area in the calf muscles.

## Follow up appointments

A letter with your results and recommended follow-up will be posted to you and your local doctor two to three weeks after your operation. If necessary, your hospital doctor will request and organise a follow-up appointment for you, which will be posted to you four weeks prior to the appointment date, please ensure you phone and confirm this appointment as per instruction in the offer letter.

If you have not received your follow-up appointment in the expected timeframe then contact the RBWH Gynaecology Call Centre on (07) 3646 6830.

**If you would like further information, please contact: 13 HEALTH (13 432 584).**



Partnering with Consumers National Standard 2.4.1

Consumers and/or carers provided feedback on this publication.

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