



## Cryosurgery

**Cryosurgery, also called cryotherapy or cold cautery, is a freezing technique used to destroy abnormal tissue on the surface of the cervix.**

**Cryosurgery is an office procedure. You may take ibuprofen before your visit to help with minimal cramping.**

### The Procedure

A metal cone-shaped instrument that is attached to a liquid nitrogen tank is applied to the cervix at the *os* or opening. After 3 to 5 minutes, the tissue is frozen and white. As the cervix heals, the destroyed cells are shed and replaced by new, healthy cells.

### Instructions for Recovery

- After the procedure, put nothing in your vagina for 1 month. This means no tampons, no douching, and no intercourse.
- Avoid strenuous exercise or heavy lifting.

#### *What to expect:*

Most women have a healthy discharge, which decreases after a week and disappears in 4 to 6 weeks. This discharge can be clear and watery or sometimes yellow or pink.

*A repeat Pap smear will be done after your cervix has healed, about 3 to 4 months after the cryosurgery.*

Please call the Women's Health Care Center at 206-598-5500 if you have any questions.

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**

UW Medicine

Women's Health Care Center

Box 354765

4545 Roosevelt Way N.E.

Seattle, WA 98105-6920

206-598-5544

### Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

**Women's Health Care Center:** 206-598-5500 weekdays, 8 a.m. to 5 p.m. For emergencies after hours and on weekends, please call 206-598-6190 and ask for the gynecology doctor on call.