



Post Cryotherapy Procedure

Cryotherapy (treatment by freezing) is a procedure where a very cold probe is placed on the cervix for 3 to 5 minutes. It destroys abnormal cells, which were identified previously by biopsy.

The risks of cryotherapy include: **infection, bleeding, and not freezing all of the abnormal areas.** These complications are not common. You may, however, experience:

Cramping

Most women notice some degree of cramping during and right after cryotherapy. This should be no worse than menstrual cramps and should be gone in a few hours. Take ibuprofen (Motrin, Advil, Nuprin, Medipren), 400 mg to 600 mg, or aspirin, to minimize these cramps.

Vaginal Discharge

As your cervix returns to normal, you will notice the onset of an often heavy, watery discharge. This discharge is usually clear to slightly cloudy and most types do not have an odor. Sometimes the discharge is slightly pinkish for a day or two. It may last for several weeks as your cervix heals. This is normal. Do not use tampons and avoid sexual intercourse for 4 weeks after the procedure to allow the cervix time to heal. Do not have intercourse if you are still having a discharge.

Check-Up

You will be asked to make a follow-up appointment in 2 to 3 weeks so that we can look at your cervix and be certain it has healed completely.

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.

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