**Cryosurgery**

A metal cone-shaped instrument that is attached to a liquid nitrogen tank is applied to the cervix at the 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.