



Information about Laser Treatment and LEEP (*Loop Electrical Excision Procedure*)

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Why have I been given this pamphlet?

This pamphlet is designed to give you information on Laser Treatment and LEEP (Loop Electrosurgical Excision Procedure), two procedures which are used to treat abnormal cervical cells (dysplasia).



Do I have cervical cancer?

During your colposcopy and biopsy, some abnormal cells (dysplasia) were found. This does not mean that you have cancer, but it is important that these cells are removed so that they do not develop into cancer later on.



What is LEEP/Laser treatment and why should I have it?

LEEP (pronounced “leap”) is one way to remove abnormal cells from the cervix. LEEP uses a thin wire loop carrying a high frequency current to remove abnormal cells. These cells are then sent to a laboratory for further testing.

Laser treatment is another way to remove abnormal cells, so that new, healthy cells can develop. In Laser treatment, a tiny beam of light is used to vaporize abnormal cells without destroying any healthy cells.

Your doctor will decide which treatment is best for you, based on your results.

By removing abnormal cells when they are discovered, you significantly lower your risk of developing cervical cancer.





What will happen at my appointment?

When you arrive at your appointment, you will have the chance to speak to the doctor and ask any questions you might have.

The doctor will insert a speculum into your vagina and will then insert the laser or the thin wire loop to remove those cells.

If you have LEEP, a paste called Monsel's Solution may be used to stop any bleeding. This paste may cause you to have dark (brown or black) discharge for several days, which may or may not have a slight odor.

Depending on the procedure, it should take 10-20 minutes from start to finish.



Is it painful?

In both procedures, the doctor will use local freezing medication (anesthetic) to numb the cervix. You may feel a dull ache or cramping similar to mild menstrual period cramps. If you experience any cramping in the next few days, you can take acetaminophen (Tylenol) or ibuprofen (Advil) for the discomfort.



What happens after LEEP/ Laser Treatment?

You may experience some white, pink, or brown/black discharge after the procedure, so you might want to bring a pad with you to your appointment. You may also have some bloody discharge up to two weeks after the procedure, as your cervix heals. If you are bleeding more heavily, and it is too soon to be having your period, you should call your doctor just to be sure.



What should I avoid?

Your doctor may suggest that, for a short time after treatment, you limit exercise, and that you avoid using tampons, hot tubs or whirlpools (baths in your own home are fine), and that you avoid having vaginal sex. This will allow your cervix to heal. If you have any concerns about these restrictions, you can discuss them with your doctor.

Other than the above, you should be able to return to all normal activities the day after your appointment.





What can I do to stay healthy?

- Your body is more likely to heal, and to protect itself from future infections of any kind, if your immune system is strong and healthy. A healthy lifestyle, including eating a healthy diet and getting enough sleep, is therefore very important.
- It is very difficult to clear HPV from the cervix if you smoke even one cigarette a day. For those who smoke, this can be a great incentive to quit. You can discuss how you can cut down or quit smoking with your doctor or nurse.
- Using condoms during sex or genital contact is a good way to reduce your chances of getting a sexually transmitted infection (STI), although condoms are not 100% effective at preventing infection.
- Follow-up is very important to detect recurrence of abnormal cells. Be sure to attend your follow-up pap and colposcopy appointments as recommended by your health care team.



What if I'm feeling nervous?

It is completely normal to feel nervous. You can discuss these feelings with your doctor or nurse, to come up with a plan for you to feel more comfortable.

For example, you may want to bring along headphones and a personal music player to listen to, so you can take your mind off of the procedure.



What if I have more questions?

Sometimes, knowing what to expect during your appointment can help with nervous feelings, and can make you feel more at ease.

You may want check out the following websites, which have correct, up-to-date information on LEEP, laser treatment, cervical cancer, HPV, and quitting smoking:

- www.hpvinfos.ca
- www.sexualityandu.ca
- <http://www.smokershelpline.ca>
- <http://www.gardasil.ca>

*If you have any questions or concerns, please call the Colposcopy Clinic at
416-351-3800 ext. 2170*

