Aftercare following LLETZ

After LLETZ, the treated area of your cervix heals over the next few weeks. Some bleeding and discharge are expected while this happens.

KEY POINTS

- Light bleeding or a blood-stained discharge for one to two weeks is normal.
- A watery or brown discharge can continue for up to four weeks.
- For 2 to 4 weeks, avoid sex, tampons, menstrual cups, swimming and baths.
- A heavier bleed can occur around 10 to 14 days after treatment as the area heals.
- Results usually take 1–2 weeks. Test of Cure begins 12 months after treatment.

What is normal, and what is not

EXPECTED

- Period-like cramping for a day or two
- Light bleeding or spotting for one to two weeks
- A watery, pink or brown discharge for up to four weeks
- A brown or black discharge for a few days if a solution was used to stop bleeding
- A next period that is heavier, or a little early or late

PLEASE CONTACT ME

- Heavy bleeding: soaking a pad in an hour, or large clots
- A temperature above 38°C, or feeling unwell
- Discharge with an unpleasant smell
- Pain not eased by simple pain relief
- Bleeding heavier than a normal period at any stage

Caring for yourself

Pain relief	Paracetamol or ibuprofen, taken as directed on the packet, is usually enough.
Pads, not tampons	Use pads or panty liners for 2 to 4 weeks. Avoid tampons and menstrual cups.
Sex	Wait 2 to 4 weeks, and until any bleeding has settled.
Bathing	Showers are fine. Avoid baths, swimming pools and spas for 2 to 4 weeks. Do not douche.
Activity	Gentle walking is fine. Avoid strenuous exercise and heavy lifting for 2 weeks.
Driving	Do not drive for 24 hours after a general anaesthetic.
Work and study	Most people return within a day or two.

DAY 0	WEEKS 1 TO 2	DAYS 10 TO 14	1–2 WEEKS	12 MONTHS
LLETZ	**Bleeding settles**	**Possible heavier bleed**	**Results**	**Test of Cure**
Home the same day	Avoid sex, tampons, baths and swimming for 2 to 4 weeks	As the area heals. Contact me if heavy.	Discussed with you and sent to your GP	First yearly HPV test

Figure 1. A typical recovery after LLETZ. Everyone heals a little differently.

Common questions

How will I know the treatment worked?
The laboratory checks that the edges of the tissue are clear. Your Test of Cure results then confirm that HPV has cleared.

Will I have a follow-up appointment?
I will contact you with your results and explain any next steps. A copy goes to your GP.

Will LLETZ affect a future pregnancy?
A single LLETZ slightly increases the chance of preterm birth, mainly with deeper or repeated treatment. Please let me know if you become pregnant, and tell any other maternity carer.

My period is due. Is that a problem?
No. It may be heavier than usual. Use pads rather than tampons if it falls within the first 2 to 4 weeks.

Does my partner need to do anything?
No. HPV is very common, and partners do not need testing or treatment.

When can I exercise again?
Gentle walking straight away. Avoid strenuous exercise and heavy lifting for 2 weeks.

Questions to ask your doctor

- Were the margins clear?
- When is my first Test of Cure due, and who will do it?
- Is there anything specific I should watch for?

When to seek help

Contact me if you have heavy bleeding (soaking a pad in an hour, or large clots), a temperature above 38°C, discharge with an unpleasant smell, or pain not eased by simple pain relief. If bleeding is very heavy or you feel faint, call 000.

Rooms	03 8400 6193 — appointments and non-urgent questions, business hours
Urgent, after hours	Dr James Aridas, 0459 706 061 — urgent gynaecology concerns, and pregnancy concerns before 20 weeks
From 20 weeks pregnant	The birth suite at your booked hospital: Epworth Freemasons 03 9483 3833 · Cabrini Malvern 03 9508 6000 · Jessie McPherson 03 9594 2776
Emergency	Call 000 or go to your nearest emergency department

SOURCES AND FURTHER READING

1. Cancer Council Australia. National Cervical Screening Program Guidelines, updated April 2025. cancer.org.au/health-professionals/clinical-practice-guidelines/cervical-cancer-screening
2. The Royal Women's Hospital, Melbourne. LEEP, LLETZ or cone biopsy procedure: going home after a general anaesthetic, June 2022. thewomens.org.au
3. RANZCOG. Cervical screening in Australia (patient information pamphlet), version 3, 2025. ranzcog.edu.au
4. Cancer Council information and support: 13 11 20

This information is general and does not replace individual medical advice. If your circumstances differ from what is described here, please discuss them with Dr Aridas.

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