

Instructions for Home Care Following Surgery

Colposcopy, Biopsy

- **Discomfort:** Minor cramping may persist for five-seven days duration as well as a minimal amount of bleeding or discharge. If you encounter severe cramping or heavy bleeding, please contact us at 832-1424. If the office is not open at the time of your call, you will be directed to the physician on call 24 hours a day.
- **Medication:** Use Tylenol, Ibuprofen and/or a heating pad on the abdomen as necessary for cramping or discomfort.
- **Activity:** It is not necessary to restrict activities or work following your colposcopy and/or biopsy. We do ask that you place nothing in the vagina for two-three days. This includes no douching, tampons, or sexual intercourse. The doctor or nurse will instruct you if any medication is needed.
- **Follow-up Care:** If biopsies were taken, the physician's nurse will call you within a week with the results and any follow up instructions. If no biopsies were taken or the biopsies that were taken turn out to be normal, we do ask that you return to the clinic in three-six months for a follow up PAP smear. Even though the test today may be okay, it is still necessary to repeat this to make sure that no abnormal tissue has recurred. If you are having your period, please call and reschedule that appointment.
- **Questions?** Please call the office at 832-1424.