



Post operative instructions for Cold Knife Cone Biopsy of the Cervix

Activity

Avoid lifting more than 25 pounds or moderate exercise (such as dancing or aerobics) for two weeks. Refrain from sex and using tampons for at least four weeks. You may shower during the two weeks after your procedure, but do not take a tub bath or use a hot tub or whirlpool during the first two weeks.

Vaginal Care

When you arrive home, carefully wash the outside of your vagina with soap and water. Afterward, put on a clean, new sanitary pad. Change your sanitary pad any time it gets wet or dirty. There will probably be some bleeding for a day or two after the procedure. It should be no heavier than your normal period. You may also see some dark-- colored discharge from solutions used during the procedure. After several days, a thin, watery discharge may start and last for 3 to 4 weeks after your procedure. You may use vaginal pads, but do not use tampons or douche until you are told it is OK to do so.

Pain

The pain from a cone biopsy of the cervix is similar to menstrual cramps. Over the counter medications such as acetaminophen (Tylenol) or ibuprofen may be taken to relieve the discomfort. Please call the office if you have severe (bad) abdominal (stomach) or vaginal pain that does not go away, even after taking your pain medicine.

Call us if you have

Fever or chills, or feel weak and achy
Pads that become soaked with blood
Pus or a foul-- smelling odor coming from your vagina
Any questions that you are concerned about

Return or a post-operative visit in _____

Call the office for this appointment.

Phone numbers: Bel Air office: 443-643-4300, Havre de Grace Office: 410-939-3121

Your Signature: _____ Date: _____

Physician Signature: _____ Date: _____

Nurse Signature: _____ Date: _____

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