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## Cone incision surgery

### LEEP (Loop Electrosurgical Excision Procedure)

#### Preparation:

You should bring a companion to the procedure, he / she can either be present during the operation or wait in the waiting room. You do not have to be fasting.

You must show up 30 minutes before the planned operation, and receive two Panodil (1g), as well as one Brufen (400mg) for pain. We also recommend that you take a Stesolid tablet (5mg) as a sedative. You get the medicine at the reception.

If you tend to bleed a lot during previous surgeries, please let us know before the procedure.

#### The procedure itself:

There is coverage up to the operation when you enter the room. There is the doctor and 1-2 staff who must help the doctor with the coverage, and hold your hand if you need it.

It takes approx. 15-25 minutes to perform the procedure.

You must be on the gynecological bed.

You will have an ultrasound scan. You will get a special instrument, a so-called "duck beak" up in the vagina. A suction will be connected to the second beak to suck if necessary. tubes that occur when the doctor cuts into the tissue with a hot metal wire.

You get a neutral plate put on your thigh to create power to heat the metal wire.

The doctor will look at the cervix with a microscope, wash the cervix with iodine.

The doctor gives you local anesthesia in the cervix. It may well provide a short-term tension in the uterus and abdomen. The anesthetic works immediately and you will not feel any pain during the procedure.

You will always be able to feel that you are being touched, but it does not hurt.

The doctor cuts a small piece of the cervix away (about 2cm wide and 1cm thick) with the hot metal wire. It happens in two rounds and it comes to a little noise as a suction ensures that smoke and odor are removed from the vagina.

The removed tissue is sent for microscopy.

The doctor will make sure to stop the bleeding by putting heat on any bleeding vessels.

#### After the procedure:

You should preferably not drive home yourself after the procedure. It is also a good idea to stay calm for the first few days.

The microscopic answer is available after approx. 1-2 weeks where you can call the clinic and get the answer, you can also get e-mail answers.

It is common for mild pain to occur after the procedure. As a rule, the pain subsides after a few hours. You are very welcome to take over-the-counter painkillers, e.g. Paracetamol or Ibuprofen, preferably in combination: 1 gram paracetamol and 400 mg Ibuprofen. Max. 3-4 times a day.

#### Precautions:

Avoid very heavy lifts and hard bumping sports, such as. running, cycling, aerobics, horseback riding, for the first 2 weeks after LEEP.



You must not use tampons in the vagina in the first month after LEEP and you must not have intercourse for the first 3 weeks after, and in the following week a condom **MUST** be used during intercourse, otherwise your body may form antibodies against semen.

To avoid infection, also avoid tub, swimming pool and sea bath until the bleeding has stopped.

### **Bleeding:**

In the first week after the operation there will be a little bleeding or brownish discharge, and it can intensify a little after 1 week when the scab falls off. The wound crust can come in small brown-black lumps or as a large crust. There may be some fresh bleeding at the same time.

### **Sick leave:**

I would recommend that you be on sick leave for 2 days after the operation, if you have very hard physical work a prolonged sick leave may be necessary.

### **Possible complications:**

Within the first few weeks, abnormal, heavy bleeding or inflammation of the abdomen may occur in rare cases. Within the clinic's opening hours, contact us. Outside the clinic's opening hours, contact the emergency room and tell them that you have had a cone incision made.

### **Check:**

It is recommended that cell samples be taken from the cervix after 3, 6 and 12 months and then once a year for 10 years.

Cell changes in the cervix are in the vast majority of cases due to HPV virus. Viruses can well lie and hide in your body for many years, they can also come later when you are with a man. There is a theoretical risk that you will become infected and get cell changes again. Therefore, it is important to have regular check-ups at the beginning and 10 years after the operation every 3 years, just like other women who have not had the cone incision made.

### **The future:**

**Sex life:** Cone incision in the cervix has no effect on sex life. However, you should avoid intercourse for the first 3-4 weeks after the procedure due to the risk of bleeding and pain.

**Pregnancy:** Cone incisions in the cervix usually have no effect on the ability to achieve and complete pregnancy. We recommend that you avoid becoming pregnant for the first 3 months after the procedure for the sake of control. If you become pregnant later, we offer to follow you during the pregnancy with a scan of the fetus and cervix.