

# Kingston Health Sciences Centre

Centre des sciences de  
la santé de Kingston

## Laser Therapy of the Cervix



Hôpital  
Hotel Dieu  
Hospital



Hôpital Général de  
Kingston General  
Hospital

### **What is Laser therapy?**

Laser therapy is a treatment for dysplasia (abnormal cells). During laser therapy, the doctor removes abnormal cells from the cervix with high energy light beam. This is called laser beam.

### **Where do I go for the treatment?**

Laser therapy of the cervix is done in the colposcopy clinic at KGH. This is in the Dietary wing on level 1.

Treatment times are limited. Please keep your appointment. If you cannot keep your appointment, please let us know well ahead of time.

Call outpatient booking at KGH (613) 548-2342 if you

- need to change your appointment.
- changed your address or phone number

### **What happens if I am pregnant or think I'm pregnant before treatment?**

Please tell your doctor. You will not have a treatment if you are pregnant.

### **What if I am nervous?**

We understand this process can cause anxiety. Knowing what to expect before your appointment can help to decrease nervous feelings.

Feel free to contact the colposcopy clinic at (613) 548-6073. We would be more than happy to improve your experience and provide support in any way possible to ease your anxiety.

### **How do I get ready for my treatment?**

- Eat as usual before your treatment.
- Keep your appointment if you have your period. This does not change the results of the treatment. Please let your doctor know if you are in the heavier days of your period as they may wish to postpone your appointment.
- Tell your doctor or colposcopy nurse if you take any medicine or have any allergies.
- Arrange for someone to accompany you during your appointment and take you home after your treatment. You will not have your treatment completed if you do not have a driver.
- If you have an IUD in place, it can be kept in place in *most* circumstances. It is very important to discuss this with your doctor at your appointment
- Please remove any metal genital piercing prior to appointment.

### **What happens during the treatment?**

The doctor freezes the area with local anesthetic, which feels similar to the biopsy. This means that you do not feel pain during the treatment. You *may* feel cramps in your lower abdomen, which are similar to those you experience with your period.

After the freezing, the doctor directs the laser beam through a colposcope and onto the area of abnormal cells. This kills the abnormal cells. If the area of abnormal cells is large, the doctor may do this treatment in the operating room instead of in a clinic room.

At the end of the treatment, the doctor applies a thick yellow paste on your cervix.

### **What can I expect after the treatment?**

The thick yellow paste helps to stop any bleeding right after the procedure. You may not have any bleeding until this paste is absorbed or falls off. If the paste falls off, you pass the paste through your vagina. The colour may be dark yellow, brown, black or ash.

Alternatively, the doctor may insert something in your vagina to help with the bleeding, in which case, instructions will be provided about how and when this will be removed after the procedure. This may include a small dissolvable sponge, gauze or a tampon.

It is common to have vaginal discharge for up to 3 weeks after your treatment. This discharge may be pink to dark red, brown or black. The bleeding should not be heavier than your normal period. When the bleeding stops, you may have a yellowish discharge for up to 10 days more.

It is recommended to use pads. Use special precautions if you choose to use tampons. Change them every 3 hours to prevent infection.

You may have mild to moderate period-like cramps in your lower abdomen for 1 to 2 days. For pain you may take Aspirin, Advil or Ibuprofen as per the instructions on the container as long as you have not been told previously that you are unable to take NSAIDS (Advil/ASA/ Motrin/Ibuprofen). This type of medication tends to work better at providing relief from pain than alternative medications such as Tylenol.

### **Important instructions to allow your cervix to heal properly after treatment**

Refrain from swimming or using hot tubs following treatment for up to three weeks, depending on your doctor's recommendations.

Shower as usual. Bathing is not allowed. If you douche, do not douche until your vaginal discharge stops.

If you take birth control pills, continue to take them.

Do not have sex until the discharge stops. This helps prevent infection, bleeding and delayed healing. If you have vaginal bleeding after sex, do not have sex for 7 more days.

Do not exercise or lift heavy objects for 2 days (48 hours) after your treatment, or until bleeding stops. This helps prevent bleeding problems. You may continue your other usual activities.

You should expect to get your next period at your regular time. Your next 2 periods may be heavier than usual. Variations amongst your period for 1-3 cycles following treatment are **not** worrisome.

If you have questions about these restrictions, please contact your doctor. These restrictions allow for the cervix to heal properly after treatment.

### **Go to the nearest hospital emergency department if you have**

- chills or a temperature above 38.5C (101F)
- vaginal bleeding with clots that are bigger than a one dollar coin.
- vaginal bleeding that is heavier than your normal period, or are soaking through a pad in less than an hour
- pain that does not go away when you take enteric coated ASA or ibuprofen.

**Call the colposcopy nurse if you have**

A very itchy, foul smelling, vaginal discharge.

**Contact Information**

- Hours: 0830-1630 Monday, Tuesday, Friday
  
- Phone Number: (613) 548-2342
  - Results and return messages are offered from 0800-1200 Monday, Tuesday, and Friday
- E-mail: [colpoclinic@kingstonhsc.ca](mailto:colpoclinic@kingstonhsc.ca)

**Do I need to see the doctor after my treatment?**

Your doctor will tell you to come back to the colposcopy clinic or see your family doctor after your treatment. Keep your appointment. A follow-up colposcopy is needed to make sure that the treatment was successful. This usually happens at least twice.

If you return to the colposcopy clinic, you will have another colposcopy exam and Pap smear. If you go to your family doctor, you will have a Pap smear. Do not douche or have sex for 24 hours before the Pap smear. This may affect the results and you will need another Pap smear.

**Follow-up appointment**

Place \_\_\_\_\_

Date \_\_\_\_\_

Time \_\_\_\_\_