



# LLETZ procedure

## Post-operative care information

This information has been provided to support recovery after your LLETZ procedure. Recovery is different for every patient. If anything does not feel right, please seek medical advice.

### What is a LLETZ procedure?

LLETZ stands for large loop excision of the transformation zone. The procedure enables the doctor to remove part of the cervix where the abnormal cells develop. These abnormal cells are not cancer. However, if left untreated, they may develop into cervical cancer over time.

### What to expect

- Mild cramping
- Light bleeding/spotting (up to 4 weeks)
- Brown/dark-coloured vaginal discharge with a strong, unpleasant, or unusual odour.

### Caring for yourself

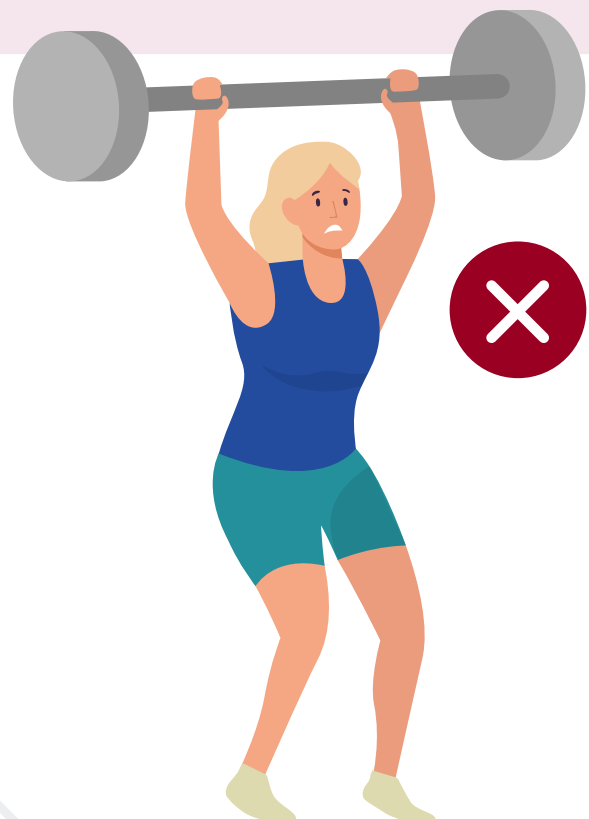
- Use pads (no tampons for 4 weeks)
- No intercourse for 4 weeks
- Avoid swimming/spas for 2–4 weeks
- Avoid heavy lifting or strenuous exercise for 10 days
- Showering is safe

### Pain relief

Paracetamol or ibuprofen may be used if required (unless otherwise advised).

**Please visit your GP, contact 1800Medicare (1800 633 422) formerly known as Healthdirect, or go to your nearest emergency department if you experience any of the following symptoms:**

- Heavy bleeding (soaking 1 pad/hour)
- Severe pain
- Fever  $\geq 38^{\circ}\text{C}$
- Offensive smelling discharge
- Or are feeling unwell.



## Your results and follow-up

Your results will be reviewed by a specialist and sent to you by letter. Normally, you will not receive a phone call with your results. This is the standard process to ensure your results and follow-up plan are clearly documented and safe.

Most patients receive their results within 4 to 6 weeks. This allows time for laboratory processing, specialist review, and planning your care. We understand waiting can feel stressful.

## What should I do while waiting?

In most cases, it is safe to wait for your results. If there were any urgent concerns, the team would contact you earlier.

## If you have not received your results

Please contact the clinic if you have not received your results within 6 weeks.

We are here to support you and ensure your care continues safely.

### IMPORTANT

A delay in receiving your results does not mean your care has been delayed.

Results are carefully reviewed and sent by letter within 4–6 weeks.

## Your follow-up is important

For most patients, follow-up will be with their GP. Normally you need to repeat the cervical screening test yearly until two in a row are negative. Then you can return to routine recall (5 yearly). At times your treatment may extend for a longer period.

## Support

We understand this process can feel stressful. You have the right to feel safe, informed and supported. Please reach out if needed.



The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



## Women and Newborn Health Service

### King Edward Memorial Hospital

📍 374 Bagot Road, Subiaco WA 6008

☎ (08) 6458 2222

🌐 [kemh.health.wa.gov.au](http://kemh.health.wa.gov.au)

### Osborne Park Hospital

📍 Osborne Place, Stirling WA 6021

☎ Gynaecology Outpatients: (08) 6457 8016

📞 Gynaecology nurse: 0448 336 529  
(Tuesday, Wednesday and Thursday)