

Follow-Up Appointments

Usually only one laser treatment is necessary to destroy the abnormal cells. Occasionally a second treatment is recommended.

Follow-up appointments are required to be sure there is no persistent disease.

Your follow-up appointment is booked 6 months after your laser surgery.

If you have any questions, call the Colposcopy Clinic.



Problems to Watch For

 See your family doctor or healthcare provider right away for:

- Vaginal discharge with a bad smell.
- Chills or a fever of 38.5° or higher.



Go to the nearest **Emergency Room (ER)** if you have **heavy bleeding** (you are soaking 1 pad per hour).

For more information visit
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Contact Information:



Healthcare Provider



Clerk



Laser Surgery

to the Cervix, Vagina, Vulva or Anus



Alberta Cervical Cancer
Screening Program

What is Laser Surgery?

The carbon dioxide laser is a device that generates a high intensity beam of infrared light that is invisible to the eye. The beam is focused by a lens to a minute spot size (1 to 2 millimetres). This is similar to focusing sunlight with a magnifying glass to a bright spot.

During laser surgery, the high intensity light beam can be directed using an operating microscope to an exact area that requires treatment. The energy of this light beam instantaneously vaporizes the cells with which it comes into contact. The laser beam is not an x-ray nor ionizing radiation.

Under microscopic control, the laser surgeon vaporizes abnormal cells, with little or no damage to surrounding healthy tissue. The healthy cells multiply quickly to heal the area removed. This healing process usually takes 2 to 4 weeks.

The after effects of laser treatment, including pain, swelling and discharge are usually less than other treatment methods. Most patients are treated in 15 to 30 minutes. If the cervix only is treated, usually a local anaesthetic is used. If the vulva, labial area or the anus is treated, a general anaesthetic is required and you may be admitted to hospital for a short stay.

Laser surgery offers microsurgical precision, rapid healing without scarring, usually quick and painless treatment and most important, effective elimination of disease.

Instructions Following Laser Surgery

Please follow all instructions pertaining to your type of surgery very carefully after your discharge.

Laser Surgery to the Cervix:

1. Laser surgery should not be done if you are pregnant as it may cause inflammation of the cervix which could disturb the pregnancy.



If you have an appointment for Laser Surgery and become pregnant, call the Colposcopy Clinic right away. They will need to rebook your appointment.

2. Following laser surgery to the cervix you may experience a moderate amount of reddish watery discharge for up to 21 days. A pad (not a tampon) should be used. If heavier bright red bleeding occurs (soaking 1 pad per hour) call your healthcare provider right away.
3. To allow the cervix to heal, avoid the following for a short period of time :
 - Sexual activity.
 - Douching.
 - Vaginal or cervical medications.

You may experience a few cramps somewhat like menstrual cramps during the treatment. If these continue after the treatment, they would usually last no longer than 12 hours.

Discomfort may be relieved by over-the-counter pain meds.

Laser Surgery to the Vulva and Anus:

1. Laser surgery **can** be completed if you are pregnant.
2. Discharge instructions from the hospital:
 - Wash area with warm salt solution 4 times per day and pat dry with a clean towel.
 - Dry area with a hair dryer for 10 minutes on a cool setting.
 - After voiding or a bowel movement, wash area with a warm salt solution and blow dry.
 - Dry thoroughly with a hair dryer after bathing.
3. Don't wear tight slacks or any constricting clothing during the time of healing. A dress or loose pants are preferable. Wear cotten underpants rather than nylon.
4. It usually takes 3 to 4 weeks for the vulva and the perineal area to heal. Your doctor will give you a prescription for pain medication.
5. Don't use salves, powder or lotions other than warm saline unless instructed by the doctor.