



## Cryosurgery

### **What to expect for the procedure:**

- You may experience mild cramping during the procedure.
- You will be able to leave 15 minutes after the procedure and drive yourself home.
- No strenuous activity, exercise, swimming or heavy lifting for **4 weeks** after the procedure.

### **How to prepare:**

- You can take an over the counter pain reliever such as ibuprofen (Advil, Motrin) or Acetaminophen (Tylenol) 1 Hour before your appointment.
- Pro-Nox (a pain management breathable gas) will be available for a fee of \$75.

### **What to expect after the procedure:**

- You may experience mild cramping and spotting as well as a watery discharge for about 2-3 weeks after the procedure, this is normal. You can use a sanitary pad only, NO tampons.
- Avoid sexual intercourse, tampons and vaginal medication for **4 weeks** after the procedure while the cervix is healing.
- No strenuous activity, exercise, swimming or heavy lifting for **4 weeks** after the procedure
- You will schedule a follow up appointment with your doctor 4 weeks after the procedure to ensure the cervix is healed.

### **When to call your Dr:**

- Call your Dr if you experience: heavy bleeding or bleeding with chunks (clots), foul-smelling discharge, chills, fever or severe abdominal pain.

**\*PRONOX** is available for a charge of \$75 for any procedures. PRONOX is a self-administered laughing gas that helps patients with both pain management and anxiety. No chaperone is needed as the laughing gas is completely expelled from the body within 15 minutes after the last inhale. Please let the scheduling coordinator know when scheduling your procedure if you are interested in adding the PRONOX service.

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