



**Maitri Health Care for Women**  
Obstetrics, Gynecology and Midwifery

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### **Post LEEP Instructions**

The procedure you just had is called a LEEP (Loop Electrosurgical Excision Procedure). Most patients do not experience any complications, but you need to take a few precautions to allow your cervix time to heal. Complete healing of the cervix should occur in two months.

- Spotting over the next 2-6 days is normal. Vaginal discharge may be brownish/blackish in color due to the medicine used on your cervix. You may have clear discharge as your cervix heals.
- If bleeding becomes heavier than a period, if you develop a fever, if you have pelvic pain or feel sick during the next two weeks call the nurse triage line at the office.
- Avoid lifting heavy weights (especially over your head) for at least two weeks. You may resume moderate exercise after two weeks.
- Do not insert anything into the vagina for three weeks. This means do not douche, use tampons, or have intercourse for three weeks.
- We will call you in approximately two weeks with the result of the biopsy. If you have not heard from us, feel free to call the office.