

What is LLETZ?

Stands for large loop excision of the cervical transformation zone. It is a surgical procedure carried out to treat confirmed cervical screening abnormalities. Dr Abby can do this under local anaesthetic or general anaesthetic depending on your preference. Dr Abby is able to examine the cervix microscopically and remove the abnormal cells of the cervix. This is then sent to the laboratory.

How should you prepare for LLETZ?

Immediately prior to surgery please:

- Refrain from eating or smoking - as directed by nurses
- Shower but do not apply any deodorants /make-up/nail polish
- Remove all piercings
- Bring your regular medications
- Wear warm layers, bring your glasses or hearing aids & reading materials
- Please leave jewellery and valuables at home

After your surgery if GA:

- You will not be able to drive for 24 hours, so you will need someone to pick you up and stay with you the first night after the procedure if you do not stay in hospital.
- Do not drink alcohol for 24 hours
- Do not sign any contracts for 24 hours
- Phone Dr Abby's rooms 3 days post your surgery for results and to confirm your follow up appointment
- You can usually return to work 1-2 days post-op.
(Please request a medical certificate if you will need one at the pre-operative appointment)
- Expect possible crampy low abdominal discomfort for 1-2 days post your surgery
- To control pain, take Panadol, Nurofen and heat packs
- Expect watery/bloody discharge for a week to four weeks post your surgery
- Your throat may be sore from the anaesthetic tube, keep hydrated and suck lozenges if you wish
- To avoid constipation after surgery, drink lots of water, pear and prune juice, psyllium or movicol can be used
- You should not put anything in the vagina for four weeks post surgery (no intercourse, no tampons, no baths & no swimming) and it is normal to experience light bleeding for up to one month after your surgery (if you are at all worried you can ring the rooms)

You should call Dr Abby or present to Pindara Emergency post surgery, if you experience any of the following:

- Persistent nausea and vomiting more than 24 hours after your surgery
- A temperature above 38 degrees
- Chest pain
- Shortness of breath or trouble breathing
- Redness, swelling, pain, bleeding or ooze from your wounds
- Vaginal bleeding that is continuing to soak pads in under 2 hours
- Abdominal pain which worsens or cannot be resolved with Panadol or Nurofen