Cryosurgery

What is Cryosurgery?

Cryosurgery is the destruction of abnormal tissue on the cervix by freezing. The cervix is the opening of the uterus (womb) and is at the top of the vagina. Your pap smear and biopsy showed abnormal cells or tissue on your cervix. Cryosurgery is one way to treat or get rid of these abnormal cells.

How is Cryosurgery done?

Cryosurgery is done in the doctor’s office. You will lay on the exam table with your feet up in stirrups. Your doctor will put an instrument called a speculum into your vagina. When the speculum is open, it allows the doctor to see your cervix. A wand or tube will be put into your vagina. This tube is attached to a machine with nitrous oxide. The nitrous oxide freezes the abnormal tissue. The freezing causes the abnormal tissue to shed or slough off. New tissue then grows to replace the abnormal tissue. The cryosurgery procedure lasts about ten minutes.
What Can I Expect After the Procedure?

- You may have mild abdominal cramping.
- A watery vaginal discharge that is gray, white or clear is common. It may also have a mild odor. The discharge can last from a few days to several weeks. This is how your body sheds the dead tissue.

How do I take care of myself at home?

When you go home, take the time to recover slowly. Follow a few easy do’s and don’ts:

Do:
- Rest for 24 hours.
- Eat a normal diet.
- Take Tylenol or Advil or a similar medicine every four (4) hours, if needed for cramping or pain.
- Wear a pad to absorb watery or bloody vaginal discharge. This discharge may last up to four (4) weeks.
- Take a shower.

Do Not:
- Take a tub bath until your vaginal discharge stops. Tub baths increase your chance for infection.
- Have sexual intercourse, use tampons, or douche for four (4) weeks or until your vaginal discharge stops.

When do I see my doctor again?

Call your doctor right away if you have any of the following:
- Excessive bleeding (soaking a pad in an hour)
- Severe abdominal cramps or pain not relieved by Tylenol or Advil
- Fever of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher
- Vaginal discharge that smells bad
- Return to your doctor or the clinic as instructed.
- If you have any questions, call your doctor or clinic.

Doctor ___________________________________________

Clinic ____________________________________________