

Laser Treatment for Gynecology

Your recent Pap smear and biopsies have shown some abnormalities that will need laser treatment. The laser uses a powerful light to destroy abnormal tissues without harming normal tissues and healing is fast. The treatment takes about fifteen minutes. Laser treatment may also be used to treat lesions of the vagina and vulva.

Where is laser treatment done?

Your laser treatment may be done at any of the following places:

- The outpatient clinic
- The doctor's office
- The operating room

How is laser treatment done?

The doctor will put a speculum in the vagina (like taking a Pap smear), so the cervix (mouth of the womb) can be seen. The laser beam is then turned on and the abnormal cells are slowly destroyed or vaporized. A medicine may be used to numb the area. Most women may have some mild cramping.

What else should I know about this treatment?

- **You must wear protective safety glasses to avoid accidental eye injury if the laser beam is misdirected.**
- You may feel a hot sensation at times from the heat that builds up from the laser. **Tell your doctor if you feel uncomfortable or need to move.** The laser can be turned off temporarily.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

- **Do not** move suddenly because the laser beam could strike an area not being treated. This could cause pain or bleeding.
- The treatment will cause a smoke-like vapor. This smoke will be removed with a type of suction machine that makes a sound like a vacuum cleaner.

How do I take care of myself at home?

The treated area will take several weeks to heal. Follow these guidelines after your treatment.

- **Do not** use tampons, have sexual intercourse, or douche for two weeks. This will reduce your risk of bleeding from the treated area.
- You should not have discomfort, but you may have some vaginal discharge for about two weeks.
- **If you have vaginal bleeding that is more than during a normal period, or if blood clots form, call your doctor or go to the emergency department.**

Make sure you return for your follow-up appointment as directed.