

ADAMS PATTERSON GYNECOLOGY & OBSTETRICS

A DIVISION OF WOMEN'S CARE CENTER OF MEMPHIS

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CERVICAL CRYOTHERAPY

Cervical cryotherapy is an office procedure which involves freezing an area of abnormal cervical tissue. This abnormal tissue gradually dissolves and the cervix heals producing normal tissue. Usually only one cervical freezing is necessary to destroy the abnormal tissue.

The cryotherapy procedure usually lasts approximately 3-5 minutes and produces menstrual like cramping. Following the procedure this information may be helpful:

1. You may experience slight cramping for 2-3 days. Advil or Aleve may be taken as directed on the bottle for these cramps.
2. There is almost always a profuse watery discharge requiring several pad changes daily.
3. The discharge is frequently bloody, particularly about the 12th to 16th day after the procedure.
4. If vaginal medication has been prescribed, it should be inserted gently and high into the vagina.
5. Excessive bleeding after cryotherapy is rare, however, should you bleed more in amount than your normal menstrual period, call the office and ask for a nurse to call you back.
6. No intercourse for two (2) weeks or until discharge has stopped.
7. Four (4) months after cryotherapy (or as directed by your physician) a follow up pap smear should be performed.

Please schedule an appointment for a follow up visit **3-4 months** after the cryotherapy procedure. At this time your physician will collect a pap smear specimen to ensure that all cervical cells are within normal limits and discuss further recommendations. Usually, your pap testing will be closely followed for about 2 years to insure no additional intervention is necessary.