

Home Advice for patients who have undergone LLETZ (large loop excision of the transformation zone) Surgery



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Following your minor operation:

- You can expect to lose a moderate to heavy amount of discharge for up to two to three weeks.
- If you have a lot of fresh bleeding or excessive messy discharge, please see your GP as you may need some treatment to prevent infection setting in.
- It is advisable to avoid strenuous exercise such as jogging, swimming etc., for a few days following your treatment.
- No gym or horse riding for two weeks following surgery
- No sex for four weeks following surgery and then use a sheath / condom during intercourse during the following four weeks.
- Do not use tampons for four weeks following surgery.
- You may bath or shower as usual.
- Return to work when you feel well enough or as your surgeon has advised.
- You should not drive until you can comfortably perform an emergency stop.
- Return to your normal activities as soon as you are able.

For 24 hours following your general, local or regional anaesthetic:

- Do not drive a motor vehicle, ride a bicycle or operate machinery.
- Do not lock the bathroom or toilet door.
- Do not make important decisions or sign documents.
- Do not drink alcohol.
- If there are any problems after you return home, please telephone your GP.

It is important following your surgery to remain as mobile as possible.

The Day Care Unit is open Monday to Friday from 0700 hours to 2200hrs, should you have any concerns following your discharge home please do not hesitate to contact us on 01493 452022 or 01493 452029.

Out of these hours please contact NHS Direct on 111 or if you feel it is an emergency attend your local A&E department.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

- Courtesy and respect
- A welcoming and positive attitude
 - Polite, friendly and interested in people
 - Value and respect people as individuals
So people feel **welcome**
- Attentively kind and helpful
- Look out for dignity, privacy & humanity
 - Attentive, responsive & take time to help
 - Visible presence of staff to provide care
So people feel **cared for**

- Responsive communication
- Listen to people & answer their questions
 - Keep people clearly informed
 - Involve people
So people feel **in control**
- Effective and professional
- Safe, knowledgeable and reassuring
 - Effective care / services from joined up teams
 - Organised and timely, looking to improve
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240