

CRYOTHERAPY
POST-CARE INSTRUCTIONS

- You may experience some cramping and watery discharge following cryotherapy
- The discharge may last for 2-6 weeks
- You may take Ibuprofen, Aleve or Tylenol as directed for cramping
- **DO NOT** douche or use vaginal tampons for 2 weeks
- Avoid vaginal intercourse for 2 weeks
- You will be given an appointment to discuss your exam results and possibly to have further cryotherapy
- Please notify the office and reschedule if you cannot keep this appointment
- Following cryotherapy, you will need to schedule an appointment for a PAP test or colposcopy in 3-6 months
- Your follow-up appointment will be with one of our mid-level providers in 2 weeks. Please be sure to schedule this appointment.
- If you have any questions or concerns, please contact our office