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LEEP
POST-CARE INSTRUCTIONS

- You may bleed a little today and continue to spot for several days
- You should wear a pad, not a tampon, while bleeding or spotting heavily
- If bleeding should increase or continue for more than 2 weeks, contact your physician
- **DO NOT** have sexual relations for 1-2 weeks or until you have followed up with your medical provider
- **DO NOT** douche for 1-2 weeks or until you have returned to see your physician
- You may have a dark-colored discharge for several days due to the medication used to stop the bleeding
- No heavy lifting or strenuous exercise for 2 weeks
- If discharge becomes foul smelling, or if a fever is present, please contact our office
- If you have any questions or problems, please contact our office

Your follow-up appointment will be with one of our mid-level providers in 2 weeks. Please be sure to schedule this appointment.