



CRYOTHERAPY

The following is a list of instructions to assist you after your procedure:

Medications:

Motrin 600mg every 6 hours as needed for cramping.

Tylenol (regular or extra strength) 1-2 tablets every 4 hours as needed for pain.

Special Instructions:

Avoid strenuous activity for 48 hours.

Refrain from sexual intercourse for 4 weeks.

It is okay to shower. Avoid taking baths for the first week.

There may be a thick, brownish, bloody discharge for the first 24-48 hours.

You can expect to have light bleeding. If you have heavy bleeding, severe pain, or a fever greater than 100.5°, you need to contact the office.

Follow-Up Appointments:

6 weeks after procedure.

Repeat pap test in 3-4 months.