



## Cryosurgery

**Cryosurgery, also called cryotherapy or cold cautery, is a freezing technique used to destroy abnormal tissue on the surface of the cervix.**

**Cryosurgery is an office procedure. You may take ibuprofen before your visit to help with minimal cramping.**

### The Procedure:

A metal cone-shaped instrument that is attached to a liquid nitrogen tank is applied to the cervix at the os or opening. After 3 to 5 minutes, the tissue is frozen and white. As the cervix heals, the destroyed cells are shed and replaced by new, healthy cells.

### Instructions for recovery:

- After the procedure, put nothing in your vagina for one month. This means no tampons, no douching, and no intercourse.
- Avoid strenuous exercise or heavy lifting.

### What to expect:

Most women have a healthy discharge, which decreases after a week and disappears in four to six weeks. This discharge can be clear and watery or sometimes yellow or pink.

*A repeat Pap smear will be done after your cervix has healed, about 3 to 4 months after the cryosurgery.*

Please call the Women's Health Care Center at 206-598-5500, if you have any questions.



UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

**UW National Center of Excellence in Women's Health**

Box 354765  
4245 Roosevelt Way N.E.  
Seattle, WA 98105  
206-598-8991

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

**Women's Health Care Center** 206-598-5500, 8:00 a.m. – 5:00 p.m.  
For emergencies after hours, please call 206-598-6190 and ask for the gynecology doctor on call.