

# Laser procedure for dysplasia

## Going home after a general anaesthetic



the women's  
the royal women's hospital

### For the first 24 hours

- Make sure that you get adequate rest. No heavy lifting, housework, or cooking.
- Gently ease back into normal activities over the next few days.
- Do not drive a car.
- Do not drink alcohol.
- Do not operate machinery or electrical appliances which can cause injury.
- Do not sign any legal documents.
- Please take care when walking and moving about as it is normal to feel light-headed after anaesthetic and pain medications.

### What to expect after you go home

You may experience period-like cramping abdominal pain. This is normal and lasts a few days. It is usually relieved by taking ibuprofen, paracetamol, or the usual pain medicines you take for your periods.

Call us if you have any severe or increasing pain, which is not relieved by taking these medicines.

It is normal to have a slight blood-stained discharge or black, gritty discharge for up to four weeks after your treatment. You may notice a change to your period. It may be early, late, or missed completely. It may be light or heavy. If you are taking the oral contraceptive pill, you should continue to take it as usual.

### Be aware of signs of infection

If you experience an offensive smelling discharge, high temperature or sweating, a sudden onset of pain or increased heavy vaginal bleeding see your local doctor (GP) or go to your nearest hospital emergency department.

### Allow your cervix to heal

To allow the cervix to heal, you should not have vaginal intercourse, use tampons, or go swimming in spas or public pools for the first four weeks after your treatment.

### Important follow-up appointments

There is a small risk of further abnormal Pap tests and an ongoing or recurrent problem on your cervix. These will be detected at your follow-up appointments.

A letter with details of your ten-month follow-up review appointment in the Dysplasia Clinic will be sent to you. If you are unable to attend your appointment, please call our Appointments Line as soon as possible to reschedule your follow-up.

### Oncology/Dysplasia Unit

Level 1, Royal Women's Hospital  
Appointments - T: (03) 8345 3695  
Nurse - T: (03) 8345 3548

If you experience complications or have any concerns after you leave hospital, please see your local doctor, or go to your closest hospital emergency department.

### Family Violence Support

1800 Respect National Helpline

Support for people impacted by sexual assault, domestic or family violence and abuse.

T: 1800 737 732 (24-hour support service)

W: [1800respect.org.au](http://1800respect.org.au)

### Do you need an interpreter?



If you need an interpreter, remember you can ask for one.

Disclaimer: This fact sheet provides general information only. For specific advice about your or your baby's healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you or your baby require urgent medical attention, please contact your nearest emergency department.  
© The Royal Women's Hospital 2022