

LASER THERAPY OF GYNECOLOGICAL LESIONS

WHAT IS LASER THERAPY?

The carbon dioxide laser is a powerful lens that produces and focuses invisible light on a very precise point. This laser produces a high concentration of energy that can be used to precisely and instantly destroy a precancerous lesion or warts (condylomas) with little damage to surrounding healthy tissue. After laser treatment, your skin will heal in about 2 weeks, leaving little scarring.

BEFORE THE INTERVENTION

- No special preparation is required on your part. You don't need to be fasting.
- The procedure can be performed even if you are bleeding or menstruating.
- You may be accompanied to the hospital, but the person accompanying you will not be allowed in the operating room.
- Take your usual medication unless otherwise advised by your doctor.

DURING THE INTERVENTION

- You will be required to wear protective eyewear during the procedure.
- The doctor will disinfect the local site.
- A local anesthetic will then be administered to the area or areas to be treated by the doctor.
- It is important not to move during laser application to avoid injury. You should have no discomfort once the anesthesia is complete. Tell the doctor if you should have any discomfort.
- At the end of the procedure, a protective cream may be applied and you will be given a sanitary napkin. Small amounts of bleeding and light yellowish discharge are expected.

AFTER THE INTERVENTION

VULVA

1. You might experience moderate pain after treatment. If so, you can take pain medication (e.g., acetaminophen or an anti-inflammatory, if your health allows). If your pain remains severe despite the pain medication, try applying cold compresses or a plastic bag (e.g., Ziploc) filled with ice cubes to the treated area for a few minutes. If these measures do not work, you will be prescribed an analgesic cream to help control the pain.
2. You should soak your vulva twice a day for about 10 minutes in a bath of lukewarm water or with a low-flow handheld shower head.

3. While bathing or showering, take care to separate the inner and outer lips of your vulva with your fingers. This will prevent them from sticking during the healing process.
4. After each bath, you should thoroughly dry the treated area by blotting with a towel or using a hair dryer on the cool setting. Once the area is dry, apply a thick layer of the ointment prescribed by your doctor.

This should be done twice a day for at least 7 to 10 days.

CERVIX AND VAGINA

1. You should avoid intercourse and using a tampon or menstrual cup for 3 weeks.
2. You may experience some bleeding for 7 to 10 days.

ANUS

1. You should bathe or shower twice a day as described for treatment of the vulvar region, then apply the prescribed ointment to the perianal area.
2. Use medications prescribed by your doctor to control pain and soften stools, as needed.

WHEN TO CONSULT

In case of :

- Incapacitating pain (despite pain medication and sitz bath or shower);
- Greenish, foul-smelling discharge;
- Heavy bleeding (more than one soaked sanitary napkin per hour for 2 consecutive hours):



Call the colposcopy clinic nursing staff at 819 346-1110, ext. 14517, or your doctor at 819-346-1110, ext. 73056, Monday to Friday, 8 a.m. to 4 p.m.



Contact Info-Santé at 8-1-1, after hours, or go to the nearest emergency room.

Your doctor will make an appointment for you at the Fleurimont Hospital colposcopy clinic.

Author

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Révision et mise en page

Service des communications et des relations médias
Présidence-direction générale

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June 2024 | 4-6-12036 (french version) | 4-6-12037 (english version)