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Raymond Wayne Whitted MD, MPH

*...dedicated to healthy lifestyles and safe, state-of-the-art, innovative surgery for women of all ages
...because quality is an experience!*

R. Wayne Whitted MD, MPH

Diplomate, ABOG
Certified in Advanced Laparoscopy
Certified in Advanced Hysteroscopy
Certified Menopause Clinician
Certified Bone Densitometrist
Certified Researcher
Certified Wartime Surgery

COMPREHENSIVE GYNECOLOGY & MINIMALLY INVASIVE SURGERY

Abnormal Pap Smears
Advanced Colposcopy
Abnormal Periods
Bladder Prolapse
Chronic Pelvic Pain
Endometriosis
Ectopic Pregnancy
Family Planning
Fibroids
Genital Warts
Immunizations
Loss Of Urine
Menopause
• Risk Assessment
• Support Series
Ovarian Cysts
Rectocele
Surgical Gynecology
• Hysteroscopy
• Laparoscopy
• Vaginal Surgery
• Surgical Support Series
Uterine Prolapse
Vaginal Prolapse
Vaginal Infections
Vulvodynia/Vestibulitis
Well-Woman

AESTHETIC GYNECOLOGY

Botox
Vaginal Rejuvenation

OFFICE PROCEDURES

Hysteroscopy
LEEP cone biopsy
Cryosurgery
Dilation and Curettage
Ultrasound
Urodynamics/Bladder Studies
Heel Density Scan

COMPREHENSIVE RESEARCH

Laparoscopy
Hysteroscopy
Menopause
Women's Health

EDUCATORS

Community Programs
CME Programs
Surgical Preceptor

MEMBERSHIPS

Obstetrics and Gynecology
Gynecologic Laparoscopy
Bone Densitometry
Colposcopy and abnormal paps
Physician Executives
Honor Medical Society
Best Doctors

CRYOSURGERY OF THE CERVIX

We have recommended that you have cryotherapy (cryosurgery), a first line treatment for cervical dysplasia. This short pap is designed to answer any questions you may have about this simple procedure (also called cryosurgery) and to discuss treatment options.

Cryotherapy is performed in the office by your physician or nurse practitioner and involves freezing of the face of the cervix (opening to the womb).



Cervix

It is best to treat you soon after a period, instead of before or during.

The procedure will feel somewhat like getting a pap smear. A speculum is first inserted to isolate the cervix. Once the cervix is adequately visualized, a probe that is designed to fit onto your cervix is placed lightly onto your cervix, after which the freezing begins. The freezing takes 5 minutes and cause some cramping. It is best if you take advil 600 mg prior to the procedure. This cramping usually resolves quickly after the procedure. This procedure resolves dysplasia 80% of the time.

After your cryotherapy, you may notice a clear, watery discharge which may persist for as long as 4 weeks. This discharge represents the old, diseased cervical cells being discharged from the cervix and being replaced by newer healthy cells. Because this is the time of healing for the cervix, we recommend that you introduce nothing into the vagina until the watery discharge has stopped. This means no intercourse or tampon use during this time.

Though Cryotherapy is probably the most common therapy used in the treatment of cervical dysplasia, several treatment alternatives exist. First, there is laser therapy. With laser, an intense beam of extremely hot light is directed on the abnormal parts of the cervix in an attempt to destroy the dysplastic (abnormal cells). This is generally not available and can be performed with other modalities such as electricity. These therapies have the same cure rate as cryotherapy. Secondly, there is a procedure called a cone biopsy, where a segment of the cervix in the shape of a cone, is excised. It can be done in an outpatient surgery setting or in the office with local anesthesia. Cone biopsy has a resolution rate of 90% but is generally reserved for more severe dysplasia types. Lastly, we may choose to simply observe you for a certain length of time and repeating the Pap Smears and colposcopies (microscope evaluations of the cervix). In the case of mild dysplasia, 80-90% has shown self-resolution with healthy living.

Cervical Dysplasia, despite any treatment, may reoccur. It is important to continue 6 month follow-up visit with your doctor and to incorporate a healthy living program as part of your lifestyle.

www.asccp.org is the website for the National Organization that promotes the science and recommendations for treatments of cervical dysplasia. We recommend you explore this site to be better informed.