St.Vincent
GYNECOLOGIC ONCOLOGY

Vulvar Laser Surgery
Discharge Instructions

Helping the vulva to heal

Please follow these instructions carefully. It will help to make sure that you are as comfortable as possible and that the surgical area heals properly.

- Wear loose clothing and cotton underwear.
- For the first 24 hours apply ice to the vulva. Wrap the ice in a plastic bag covered with a soft towel.
- Do not put anything into the vagina until the vulvar area is healed. Do not use tampons or douches or engage in sexual activity during this time. Healing takes at least 3 weeks but could take up to 6 weeks or more.
- On the day after the surgery, soak the area with a warm saline special Sitz bath (add one tablespoon of sea-salt, available from a supermarket or health food store, to a gallon of water) three times a day. Gently separate the labia to allow the saline solution to reach all parts of the vulva. This will minimize discomfort and encourage healing. Gently pat the area dry.
- When the area is clean and dry, carefully apply cream as prescribed by your doctor.

Other information and instruction

- The areas of skin on the vulva that were treated with the laser may look brownish-black or whitish-gray at first. The tissue around these areas may be swollen, red, or sore. This discomfort will start to get better 2-3 days after the procedure and is usually gone in 2 weeks.
- You may have a sore throat after your procedure. This is related to a tube that was used to help you breathe during surgery.
- You will receive more instructions about how to care for yourself after surgery in the recovery area. These instructions will vary depending on the kind of anesthesia you received.

Call your doctor if…..

Please let your doctor know if any of the following occur:

- Temperature more that 101.5
- Heavy or increasing vaginal bleeding that soaks more than one pad per hour
- Pain not relieved by acetaminophen or ibuprofen, or an increase in pain
- You are unable to pass urine

Follow-up care

Please call our office to make an appointment to be seen 4 weeks after the procedure. Call any time if you have any problems about your surgery or if you have any questions.

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Pre-Procedure Information

What is vulvar laser surgery?

Vulvar laser surgery is a treatment for the abnormal areas on your vulva, which include the lips outside the vagina. A laser is used to remove the abnormal cells with the expectation that normal skin will grow back in its place.

What do I need to do to prepare?

Please do not eat or drink anything (including water) after midnight the night before your surgery, unless your doctor, nurse, or anesthesiologist has told you otherwise.

Please read the information and instructions in the surgery packet you received from our nurse.

How will I feel after the surgery?

Recovery time will vary from woman to woman. In general, you should plan not to resume your usual activities for at least a week after surgery. You will want comfortable clothes to go home in after surgery. Loose-fitting clothes and white cotton underpants are best.

What should I do if I have questions?

If you have questions about your surgery after you have read the information in the surgery packet, please call our office.

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