

Post Operative Guidelines – Vulvar Surgery

What to expect:

It is normal to have light vaginal discharge or bleeding.

Keep the area clean. Soaking in a tub or sitz bath twice per day will help discomfort and discharge.

When using the toilet it may, use a water bottle to wash the area and pat dry.

Keep the area as dry as possible. A hairdryer on COOL may be helpful to dry the area after bathing or using the restroom.

Wear loose fitting clothes and cotton underwear.

If you had a laser procedure, apply a thin layer of Silvadene to affected areas as needed.

A prescription for pain medicine may be given to you at discharge. Most patients experience only minimal discomfort. Ibuprofen or Tylenol may also be useful for pain control in place of the narcotic medicine. Apply ice packs for comfort or swelling.

If you have staples and/or drains in place: keep the incisions clean and dry as possible, strip and empty drains twice per day and keep accurate record of drainage for each drain.

Notify our office if you experience any of the following:

Painful swelling, increasing redness, or copious or thick drainage from the incisions

Fever greater than 100.4

Persistent nausea or vomiting

Worsening pain or any other concerns

Inability to urinate or have a bowel movement