

The Center for Cancer and Blood Disorders

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Post Vaginal Procedure (CO2 laser, biopsies) Instructions:

Diet:

- You may resume normal diet.

Pain medication and Premarin:

- It is normal to have cramps and soreness after surgery. We recommend taking Ibuprofen or Tylenol as needed for pain. Use prescription pain medication for breakthrough.
- Apply 1 gram of Premarin cream intravaginally every night before bed.

Vaginal Bleeding and Discharge:

- It is normal to have some vaginal spotting in the days following your procedure. Use sanitary pads during this time and change regularly. Do not use tampons.
- Call the office if you feel a sudden gush of blood or fill up more than a pad per hour
- If vaginal biopsies were taken during surgery, a mustard-colored solution called "Monsel's solution" is usually applied to the biopsy site to stop any bleeding. When this solution mixes with blood it can create a brown discharge that looks similar to coffee grounds. If you see this, it is normal.

Constipation:

- It is important to avoid straining with bowel movements after surgery.
- Drink plenty of water and take stool softener twice daily as needed. Feel free to use whatever OTC stool softener works best for you.

Driving:

- Do not drive the day of your surgery.
- Do not drive if abdominal soreness inhibits your reaction time.
- Do not drive while taking prescription pain medication.

Activity:

- Avoid strenuous exercise for about 1 week after surgery.
- No heavy lifting (over 20 lbs) for 1 week after surgery.
- Pelvic rest (no sexual intercourse, douching, or anything in the vagina) for 1 week.
- Get up and walk at least every 1-2 hours in the days following surgery. This is important to prevent blood clots from forming in the legs.
- You may gradually increase daily activity, including walking, as you start to feel better.

Bathing:

- You may shower when you feel comfortable.
- Avoid tub baths and hot tubs for 2 weeks after surgery.

Follow up:

- Follow up in the office as scheduled. Your 2 week and 6 week follow up appointments were scheduled in the office on the same day your procedure was scheduled. If you are unsure of your appointment date or time, please check the blue folder that was given to you after your consult.
- Call the office if you cannot make it to your appointment and we can reschedule for you at 817-759-7019.

When to call the office?

- You have a fever greater or equal to 101°F
- You have chest pain or shortness of breath.
- You have intractable nausea and vomiting.
- You are bleeding through more than 1 pad per hour.
- The discharge from your vagina has a foul odor.
- You are unable to empty your bladder, or you feel a burning pain when you urinate.
- You have increasing swelling of one leg
- Or as needed