

The Center for Cancer and Blood Disorders

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Phone: 817-759-7065 or 817-759-7019

Post Vulvar Procedure Instructions:

Diet:

- You may resume normal diet.

Pain management:

- It is normal to have pain or discomfort from your incision/laser-treated site after surgery.
- Take Ibuprofen or Tylenol as needed for pain. Use prescription pain medication for breakthrough pain as prescribed.
- Make a slurry of the Lidocaine gel and Silvadene cream and apply to the vulva up to 4 times daily as needed.

Skin care:

- It is important to cleanse the surgical area at least once daily. This can be done by a sitz bath. Gently pat completely dry with a towel afterwards.
- After urinating or bowel movements, the vulva area should be cleaned. This can be done by pouring warm water over the vulva while sitting on the toilet, or a sitz bath. Once clean, gently pat dry.
- Check the surgical area daily for redness, swelling, or wound opening. Call the office if you have an abundance of swelling or redness of the surgical area, or see purulent drainage.
- Avoid prolonged sitting.
- Wear loose-fitting clothing that will not rub or irritate the incision area.

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 vulvar soreness inhibits your reaction time.
- Do not drive if you are taking prescription pain medication.

Activity:

- Avoid strenuous exercise and heavy lifting over 20 lbs until surgical area has healed.
- Pelvic rest (no sexual intercourse, douching, or anything in the vagina) until surgical area has healed.

- Avoid movement that put stress on the vulva (squats, lunges, etc).
- 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 lakes, swimming pools, and hot tubs until surgical site is healed.

#### 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 have discharge from surgical area that 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.