



Post operative instructions for Excision of Vulvar Lesion

Pain

Pain is usually mild to moderate. If discomfort occurs, use acetaminophen (such as Tylenol) or ibuprofen (such as Advil) as directed. Avoid aspirin. A stronger pain medication (a narcotic) may be prescribed. Keeping ice on the area for 12 -- 24 hours helps reduce pain and swelling as well. Other medications you were taking before the surgery are generally restarted after surgery, but please review your medication instructions and ask if you have any questions about this.

Diet/Activity

There are no dietary restrictions. After recovery from anesthesia is complete, there are no activity restrictions except those listed below under "Wound Care". You may return to work/school in _____.

Wound Care

Complete healing requires 4 to 6 weeks. Careful wound care is important for fast and proper healing. Follow the instructions checked off here:

_____ Keep the area dry for 24 hours. If you use ice to reduce pain, place the ice in a baggie to minimize the moisture on the wound.

_____ After 24 hours, soak in a tub of plain warm water several times per day if possible. This promotes wound healing and relieves discomfort.

_____ Avoid intercourse for _____ weeks.

_____ Take one Colace stool softener (100 mg) twice per day for _____ weeks

Things to watch and call for:

If you develop a fever greater than 100.0 degrees.

If you notice pus or foul smelling drainage from your wound.

If you have trouble urinating, burning when you urinate, or feel the need to urinate very often.

Please call if you have any concerns or questions not covered here.

Return or a post-operative visit in _____

Call the office for this appointment.

Phone numbers: Bel Air office: 443-643-4300, Havre de Grace Office: 410-939-3121

Your Signature: _____ Date: _____

Physician Signature: _____ Date: _____

Nurse Signature: _____ Date: _____

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