



Post operative instructions for Laser Surgery of the Vulva

Pain

Pain is usually minimal. If discomfort occurs, use acetaminophen (such as Tylenol) or ibuprofen (such as Advil) as directed. Avoid aspirin. 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 5 to 6 weeks. Careful wound care is important for fast and proper healing. Follow the instructions checked off here:

_____ Soak in a tub of plain warm water four times per day if possible. This promotes wound healing and relieves discomfort.

_____ Squirt a diluted solution of Betadine (1 part Betadine: 4 parts water) over the affected area after each bowel movement and urination.

_____ Dry the surgical area with a hair dryer or by gentle patting with a towel. Do not rub the area.

_____ Apply 1% silver sulfadiazine cream to the affected area as needed to keep the wound covered with a thin layer of cream throughout the day. Apply a gauze dressing over the cream to keep undergarments clean.

_____ 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 _____

Your Signature: _____ Date: _____

Physician Signature: _____ Date: _____

Nurse Signature: _____ Date: _____

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