



# Vulvar laser surgery

## Advice for going home after your surgery

---

Recovering from surgery will take some time. It is important to take care of yourself during this period. This information will help you in your recovery.

### Caring for yourself after surgery

#### For the first 24 hours

- Make sure you:
- get adequate rest, no heavy lifting, housework, or cooking
- take care when moving about; it is normal to feel light-headed after anaesthetic and pain medications
- do not drive a car
- do not drink alcohol
- do not sign any legal documents
- do not operate machinery or electrical appliances that can cause injury.

Gently ease yourself back into normal activities over the next few days.

### Managing your pain and discomfort

After your laser surgery, you may feel burning or aching in your vulva. This can be quite uncomfortable and may last for two to three weeks. After the first week, it usually starts feeling better.

- You may be given a prescription to take home for pain relief.
- Try using an ice pack or a pack of frozen peas wrapped in a cloth, on the vulva continuously for the first 24 hours.
- Apply Xylocaine® Jelly 2% to your vulva. This is available from your pharmacist.

### Keeping your vulva clean and dry

For the first week, bath two or three times a day in a small amount of warm salty water, around two full dessert spoons of salt is sufficient. You can use a plastic basin to bathe yourself in if you prefer.

After bathing, dry your vulva with a hair dryer on a low or medium setting. If you do not have a dryer, pat it dry gently with a clean towel.

To prevent the burning sensation when you wee, pour water over your vulvar area while weeing. Ural® is often used to treat urinary tract infections and may also give you some relief. Ask your local pharmacist for advice and directions on how to use this product.

### Be aware of signs of infection

If you have any of the symptoms listed below, you may have an infection:

- sudden hot flushes, high temperatures or sweating
- sudden pain
- increased vaginal bleeding
- any smelly vaginal discharge.

For these and any other concerns, please see your local doctor or go to your nearest hospital emergency department.

### For your next appointment

It is important to see your local doctor or return to the Vulvar Post Op Clinic for an appointment. If an appointment is not made before you go home, a letter will be posted to you.

## Family Violence Support

1800 Respect National Helpline

Support for people impacted by sexual assault, domestic or family violence and abuse.

T: 1800 737 732 (24-hour support service)

W: [1800respect.org.au](https://1800respect.org.au)

## Do you need an interpreter?



If you need an interpreter, remember you can ask for one.

Disclaimer: This fact sheet provides general information only. For specific advice about your healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you require urgent medical attention, please contact your nearest emergency department. © The Royal Women's Hospital 2018-2022