



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 script 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, bathe two or three times a day in a small amount of warm salty water, around two full desert 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® often used to treat urinary tract infections, 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.