

Vulvar Surgery

Discharge Instructions

Please call the office (708-422-3242) within 48 hours of returning home to schedule or confirm a postoperative visit with your physician.

Medications

- Use a daily stool softener (Colace, Metamucil, MiraLAX, Fibercon or Citrucel) for constipation or slowed bowel movements. Stop using when bowel movements return to normal for you.
- Zofran - 4mg ODT (oral disintegrating tablet) 1 by mouth every 4 hours as needed for nausea or vomiting – must be prescribed
- Norco: You may take this medication every 4-6 hours as needed for pain. **DO NOT** combine this medication with Tylenol.
- Lidocaine Gel 2% - Apply to area 3 to 4 times a day as needed
- Silvadene Cream or Neosporin/ Bacitracin - Apply twice daily to vulvar area
- Resume all home medications unless otherwise directed
- Please keep in mind that prescription medications will not be refilled after office hours or on the weekends. Please give the office 24-48 hours' notice if you need a refill.

Diet

- No restrictions unless otherwise directed.
- Eat well-balanced meals.
- Drink six 8-oz glasses of fluid per day.
- Eat plenty of fresh fruit and vegetables.
- You may find it easier at first to eat small frequent meals throughout the day, especially if you feel nauseous.

Activity

- Nothing in the vagina (no douching, tampons or intercourse) for 4 weeks.
- Return to normal activity slowly and as tolerated.

Vulvar Care

- Mild bleeding and discharge that is brownish or yellow in color is normal. If there is a foul smell to this discharge, please call the office.
- You may take a sitz bath two to three times a day. This will help the wound heal and help with discomfort. Submerge your bottom in a shallow basin filled with warm water for 10 -15 minutes. You may add Epsom salt if you desire. Pat your bottom dry, do not rub. You may use a handheld hair dryer on the cool setting to dry the area thoroughly.
- Use a “peribottle” or a spray bottle filled with warm water to rinse the vulvar area after urinating or having a bowel movement. If debris is present, gently cleanse the area with

moistened gauze. Be gentle and do not scrub. Pat the area dry.

- Apply the Silvadene cream (if prescribed) to the vulvar area twice daily until your post-operative appointment.
- Wear cotton underwear (wearing no underwear is best whenever possible). If you are using a panty liner or pad, change it frequently whenever it gets moist.

Reasons to Contact the Doctor

- Temperature of 101 F (38.3 C) or greater on two occasions that are 4 hours apart.
- Nausea/ vomiting unrelieved by small meals or prescribed medications.
- Constipation unrelieved by laxatives (no bowel movement for 24 hours).
- Constipation combined with nausea.
- Pain unrelieved by medication.
- Vaginal bleeding which soaks more than 1 pad per hour.
- Signs of vulvar infections.
- Foul smelling vaginal discharge.
- Difficulty or burning with urination.
- Any other concerns.

Constipation

Some patients may experience constipation after a procedure. If you experience significant constipation, you can use one of the following:

- Senokot, Milk of Magnesia, MiraLAX, Dulcolax tablets, Dulcolax suppository or Magnesium Citrate (10 oz)
- Try only one of the above listed medications at a time. These do not require a prescription.
- You may want to eat a small meal prior to taking your pain medications.
- Do not stop your pain medication abruptly. Decrease the amount taken gradually.

Follow Up

We plan to see you in the office within 10-14 days of your procedure for an exam and to discuss any pathology results from your procedure.

If you are not given an office appointment at the time of your discharge from the hospital, please call the office at 708-422-3242 to schedule a post-operative appointment with your doctor.

Office Information

- During office hours (M-F; 8am- 4:30pm) call 708-422-3242 and ask to speak with a nurse or Physician Assistant.
- After office hours call 708-422-3242 to reach the on-call physician. Please reserve evening and weekend phone calls for urgent matters only.
- If you are receiving home healthcare, call your home healthcare nurse, who will assess your condition and call the doctor if necessary.
- For emergencies call 911 or go immediately to the nearest Emergency Room.