

POSTOPERATIVE INSTRUCTIONS FOLLOWING VULVA/VAGINA SURGERY

Postoperative care is important to ensure that your wound heals without infection and to promote healthy skin. It is imperative that incisions and surrounding skin should be kept clean and dry and free from rubbing and friction. Special care should be taken especially during the first 2 weeks. Listed below are a few instructions to help with the postoperative care.

DO:

- Wear cotton underwear, no nylon. Cotton allows air in and moisture out
- Wear loose fitting clothing around your incisions to avoid rubbing and friction
- Apply ice packs three times a day for 20 minutes in the first 24 hours after surgery

DON'T:

- Tight clothing, especially clothing made of synthetic fabrics/leggings/jeans, etc...
- Pantyhose and underwear made of synthetic fabric
- Wet bathing suit and exercise clothing
- Bath salts, scented oils, lotion, gels, etc... which contain perfume
- The use of deodorized pads and tampons
- The use of fabric softener from the washer or dryer, on articles of clothing that comes in contact with your vulva.

Put nothing in your vagina during the first 2 weeks following surgery.

- No douche
- No intercourse
- No tampons.

Keep incisions clean and dry:

- After going to the bathroom, pat area with damp, warm, clean, soft cloth then pat dry, do not rub with a towel. Alternatively, use a hairdryer on a COOL very low setting to dry vulva
- Sitz baths are recommended each evening. Soak in lukewarm (not hot) bath water with sea salt or Epsom salts with no fragrance and pat dry.
- Pour lukewarm water over the vulva after urinating if urine causes burning
- Do not save your vulvar area
- You may take a shower. Sit with your legs uncrossed

Signs and symptoms of infection:

- Increasing tenderness in the area
- Feeling unwell with nausea and or fever of 39 degrees or more.