

Information for patients

Laser surgery to the Vulva

After your surgery you may notice:

- a slight pinkish watery discharge
- bright red spotting
- discomfort is worse on the third or fourth day
- a slight odour
- slight swelling

Call the Colposcopy Clinic at 905-574-8488 if you have:

- severe pain
 - fever
 - foul odour
 - bright red bleeding (more than spotting)
-

Helping yourself heal

Your vulva needs 4 to 6 weeks to heal completely. To promote healing you should:

- keep area clean and dry
- use a sitz bath 2 to 3 times each day and after each bowel movement
- use your hair dryer set on low to gently dry the area after you bathe, sitz bath or shower. Using a towel may cause irritation and itching.
- wear loose clothing and no panties if possible
- use a laxative such as: Magnolax or Colace if there are treated areas around the rectum
- not have sexual intercourse for 4 to 6 weeks
- avoid strenuous exercise and heavy lifting for 1 week
- if you start your period using a tampon will help keep the area dry

DO NOT use a tampon if your cervix or vagina were treated.

Comfort measures

- ice packs will help keep down the swelling and relieve pain
- aloe vera gel or wet tea bags can be applied to sore areas. The aloe vera can be bought at health food and drug stores
- passing urine in the shower may be more comfortable
- your doctor may order medication for pain

Follow-up

- your doctor will tell you how much time you will need off work
- you need an appointment in the Colposcopy Clinic after surgery. If not made by hospital staff, please call **905-574-8488** to make your appointment.