



COURI CENTER

— for Gynecology and Integrative Women's Health —

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Post-Operative Instructions for Surgery on the Vulva

Pain Control

You may experience significant pain and swelling in the affected area for a few weeks following the procedure. You may take Tylenol, Advil or the prescribed narcotic medications for the pain.

Incision Care

You may notice a small amount of blood or clear drainage from the affected area. This is normal and not a cause for concern. You may also notice swelling and bruising of the area. If you notice this, apply an ice pack to the area periodically throughout the day.

Beginning the day following the procedure, soak the affected area in a tub of warm water 2-3 times per day for 15 minutes each time. Gently dry the area. Also, shower regularly and pat the affected area dry with a towel.

Loose clothing and cotton underwear should be worn.

Activity / Nutrition

You may eat whatever you desire.

Rest today and return to your usual level of activity tomorrow as tolerated. It is normal to feel tired for a few days after your surgery.

Do not drive for 24 hours. Do not drive or operate heavy machinery if you are taking any narcotic medications (Percocet, Vicodin or Tylenol #3) or if your discomfort will inhibit your ability to brake effectively.

Refrain from sexual intercourse, using tampons or douching for **six weeks**.

Follow-up Appointment

You should have a follow-up appointment in 2-4 weeks. If you do not have an appointment, please call and make one. You may call one week after surgery to discuss any pathology results.

Call the Office if you are Experiencing:

A fever higher than 100.4 F

Increasing pain not controlled by pain medication

Inability to eat or drink without vomiting

Your wound becomes red or has a large amount of discharge.

Heavy, bright red vaginal bleeding or foul smelling discharge. You can expect to have a small amount of reddish-brown colored discharge for up to 1-2 weeks.

Office Telephone Number is (309) 692-6838