The Patient Following Laser Surgery of the Vulva and Vagina

Thank you for choosing the Georgia Regents Health System for your health care needs. We know you had a choice in where to have your surgery and we’re glad you chose us. This information is to help answer some of the questions you may have about your surgery and to give you instructions to follow during your recovery period. If you have any other questions, please ask your doctor or nurse.

Activity
• Limit your activity for the next 24 hours. You may then resume your normal activities as you feel like it.
• Do not have sexual intercourse for _______ weeks, or until approved by your doctor at your post-operative check-up.
• Do not drive while taking your prescription pain medication. It may make you drowsy.
• You may plan to return to work _________ days after surgery.

Wound Care
• Slightly bloody drainage from your vagina is normal and should gradually decrease over the next 7 to 10 days.
• You make take a shower or a tub bath.
• Use sanitary pads instead of tampons.
• Do not douche for ___________weeks.
• If the outer vagina (vulva) has been lasered, keep the area clean by bathing in a shallow tub of warm water (sitz bath) 2 to 3 times a day. Gently pat dry or blow dry with a warm hair dryer. If you have been given medicated cream, apply it after the area has been dried.

Medications
You may have mild discomfort for the next few days. You may take acetaminophen (Tylenol) or your prescription pain medication for the discomfort.

Diet
You may resume your usual diet as you feel like it.

Call your doctor if:
• You have a fever over 100 F.
• You have heavy or bright red vaginal bleeding (heavier than a period).
• You have pelvic pain (more than cramps) or pain not relieved by your pain medication.
Follow Up
We will give you an appointment to return to the clinic. It is important that you keep this appointment so that your doctor can be sure that you are healing well and arrange any further care that you may need.

If you need to talk to your doctor, you can call:

Days: 706-721-__________________________

Evenings, Nights and Weekends: 706-721-8400