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POST OPERATIVE VULVAR, PERINEAL EXCISION INSTRUCTIONS

You may have some bleeding or oozing from the treated area. If possible avoid using pads and simply use thick cotton loose underwear or surgical gauze. If any gauze or clothing sticks to the surgical area, apply warm water to loosen and separate.

Any discomfort may be improved with pain relievers such as Tylenol, Motrin, Aleve, or prescription meds. An ice pack made with ice water and a plastic baggy is also helpful 2 or 3 times a day for the first few days.

To assist in healing, soak in a shallow warm bath with Sea Salts (you can purchase at any aquarium store) or Epsom Salts.

Your physician may prescribe Estrace cream or Lidocaine cream to apply to the affected area. If needed, you will receive the prescriptions at your pre operative appointment.

Avoid bumping, pulling, rubbing the surgical site. There are typically stitches in place that can be accidentally pulled or torn.

If treatment was done in the anal area, use Colace 1-2 times per day as a stool softener and Citrucal or Fibercon daily to avoid constipation. Anusol HC or Vaseline can be applied to help lubricate the area before bowel movements. Tucks pads can be used to cleanse the area afterwards.

Eat a healthy diet, lots of liquids, protein, and Vitamin C to promote healing.

Call for a 3 week appointment unless one has already been made prior.

Call our office at 330-8885 if any questions or problems. After hours emergencies can be handled through the office recording instructions or emergency room.