

POST OPERATIVE INFORMATION – VULVAL/ Vaginal surgery

What you need to know after your operation.

You are advised not to operate heavy machinery, drive a motor vehicle, or sign any important or legal documents 24 hours after the operation because of anaesthesia.

FOLLOW UP:

You require a post-operative check with Dr Singh 2-4 weeks after surgery.

- We will call you to arrange the appointment, alternatively you can also call the rooms to arrange this.

VULVA WOUND CARE:

- The stitches are dissolvable and do not need to be removed.
- Wounds on the vulva need to be kept clean and dry. Please follow the instructions provided on Vulval care.
- Please wash the wound in the shower at least two- three times a day and after each bowel motion and gently pad dry with lint free towel or paper towel. Use warm water avoid soap, gels, perfumed toiletries on the wound.
- Apply antiseptic /antibiotic ointment Chlorsig or Bactroban as prescribed on discharge after each wash.
- Avoid pads, you can wear a panty liner if necessary but change these frequently to avoid the wound getting moist or dirty.

VAGINAL DISCHARGE:

- You may experience a slight red or brown vulval or vaginal discharge for 2 to 3 weeks after surgery. Some vulval or vaginal wound discharge such as this is a normal part of healing.

If you have very heavy bright bleeding, pass blood clots, or have offensive smelling vaginal discharge please contact the rooms OR attend your local doctor.

SEXUAL ACTIVITY, SWIMMING / BATHS:

- Avoid sexual intercourse for 6-8 weeks or until specified.
- Avoid baths (shower only), spas or swimming These steps minimize your risk of infection after surgery.

DISCHARGE MEDICATION/PAIN KILLERS:

- Use simple pain relief such as Panadol and Nurofen after surgery. Take these regularly for the first 2 days after surgery. After this you can gradually decrease their use.
- All your normal medications can be resumed on discharge unless directed otherwise.

DIET:

- Avoid constipation by eating a high fibre diet (wholegrains, beans, lentils, fruits, vegetables, pear/prune juices) in combination with adequate fluid intake. Laxatives / stool softeners such as Movicol 1-2 sachet, Coloxyl should be taken to prevent straining with bowel motion.

ACTIVITY:

- Avoid strenuous exercise for at least 4 week after surgery.
- Avoid heavy lifting (greater than 2-3 kilos) or straining for at least 2 week after surgery. For some cases sitting may be restricted. You will be specified at time of discharge.
- You are encouraged to walk as comfortable. Some gait restriction if applicable will be advised accordingly.

DRIVING:

- You should be fit to drive once you are not experiencing pain, moving around freely and not taking any pain killers.

BACK TO WORK:

- Please contact the rooms to arrange a certificate if required.

SYMPTOMS TO REPORT TO YOUR DOCTOR:

If you are experiencing fever, worsening pain, around the vulva, burning during urination or excessive urination, offensive smelling or discoloured vaginal discharge, unusual shortness of breath or chest pains OR if you are concerned about any aspect of how you are feeling; please contact the rooms, your local doctor or emergency department for review.

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