



VULVAR SURGERY POST-OP INSTRUCTIONS

L. GREGORY BLANTON, M.D.

J. SCOTT ROBERTSON, M.D.

1) DISCHARGE MEDICATIONS: _____

2) ACTIVITY INSTRUCTIONS:

- a) NO HEAVY LIFTING X 14 DAYS
- b) NO PUSHING, PULLING, OR TUGGING FOR 14 DAYS
- c) NO DRIVING: DAY OF SURGERY ONLY
- d) PELVIC REST (NO SEX, TAMPONS OR DOUCHING) X 2 WEEKS
- e) NO EXERCISE OTHER THAN WALKING X 2 WEEKS
- f) SWIMMING AND BATHING IS OKAY
- g) KEEP VULVA AS CLEAN & DRY AS POSSIBLE
- h) WEAR LIGHT COTTON UNDERWEAR (NO SILK OR POLYESTER)
- i) APPLY SILVADENE NIGHT OF SURGERY AND NEXT A.M.
- j) DO SITZ BATH TWICE DAILY AND BLOW DRY WITH HAIR DRYER
STARTING 36 HOURS AFTER SURGERY

FOLLOW ABOVE INSTRUCTIONS PRECISELY TO INSURE HEALING

3) WARNING SIGNS:

- a) BLEEDING FROM INCISION SITES
- b) FEVER GREATER THAN 100.4 DEGREES
- c) GREEN OR YELLOW VAGINAL DISCHARGE
- d) VAGINAL DISCHARGE WITH FOUL ODOR
- e) REDNESS OR DRAINAGE FROM INCISION SITES

IF ANY OF THE ABOVE OCCUR CALL (318) 212-7840 ANYTIME

4) EXPECTATIONS:

- a) MILD ITCHING AS AREA HEALS (CALL FOR SEVERE ITCHING)
- b) PATHOLOGY RESULTS BACK IN 2-3 BUSINESS DAYS
- c) SOME PAIN WITH ACTIVITY AND BOWEL MOVEMENTS
- d) SUTURES BEGIN TO FALL OUT 7-14 DAYS AFTER SURGERY

5) FOLLOW UP VISIT:

- a) POST-OP VISIT APPOINTMENT: _____

6) DIRECT ANY ROUTINE QUESTIONS TO MY OFFICE

MONDAY THRU FRIDAY 8 A.M. TO 5 P.M. (318) 212-7840