Bossier Healthcare for Women

VULVAR SURGERY POST-OP INSTRUCTIONS

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1) DISCHARGE MEDICATIONS: _____

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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

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