

After your vulvar surgery

Your Surgery: _____

Your Surgeons: Dr. Mona Mazgani, Dr. Trevor Cohen, Dr. Shaina (Joohyun) Lee

Wound care:

- Your wound may have stitches. They will dissolve within 4 weeks.
- Clean the wound by rinsing with water from a peri-bottle or shower head, at least twice a day or when dirty after using the toilet.
- Do not rub your wound with a facecloth or your hand, and do not apply gels or soap.
- Dry the wound by patting with a clean towel or dry with a hairdryer on **cool setting**.
- Keep the wound open to air. Do not cover your wound with tissues or toilet paper. Wear loose-fitting pants or a skirt and avoid wearing underwear, when possible.
- You may use a Sitz Bath for comfort or to clean your bottom.

Sitz Bath:

- A sitz bath is a soothing soaking of your bottom (vaginal, anal, and perineal areas of the body) in warm water (40-43°C; 104-110°F).
- Fill a plastic sitz bath that fits onto your toilet with water (most pharmacies sell these).
- You can have a 10 - 15 minute sitz bath 4 times a day or after each bowel movement (if you want to).
- Dry the skin after your sitz bath, following the instructions above.

Follow up:

- If samples were taken and sent for pathology, your surgeon will call you with the final pathology results about 2-3 weeks after your surgery. If you do not hear from us in 4 weeks, please call our office.
- We will see you for a post-operative assessment in 4-6 weeks. You **do not** need to make this appointment. You will get a letter in the mail with appointment details.
- After your follow-up appointment, you may resume normal activity as directed by your surgeon.
- Go to the nearest emergency department if you have:
 - Fever (above 38.0°C or 100.4°F).
 - Severe vomiting and you are unable to keep fluids down.
 - Pain you cannot manage with oral medication.
 - Heavy bleeding (soaking more than 1 sanitary pad per hour for 2 consecutive hours).
- Please call our nurse line if you have questions about your surgery or recovery. We will be happy to see you earlier if needed.

Contact Information

BC Cancer - Victoria Centre
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