

Discharge Instructions: Laser Vaporization

What To Expect

As a result of today's procedure you may have:

- burning pain on the vulva or vagina
- watery, foul-smelling discharge
- vaginal spotting
- vulvar spotting

Wound Care

- You may shower the day after surgery, but do not soak (baths/swimming/hot tubs) the pelvic area for 6 weeks.
- Do not scrub the laser sites, but you can let soap and water come in contact with them. Keep the incisions clean and dry.
- Perform sitz baths 3 times a day. A sitz bath is a warm, therapeutic bath used to cleanse the area around the perineum (the space between the genitals and anus). It can be done in a bathtub, or you can purchase a round, shallow washbasin which fits snugly over a standard toilet seat.
- Your doctor may prescribe or send you home with a cream or ointment to put over the treated area. Apply it to the area after having a sitz bath or shower using clean dry hands.

Restrictions

- Pelvic rest for 6 weeks.
- Absolutely nothing in the vagina (sex, douching, tampons) for 6 weeks
- No straining or strenuous activity for 2-4 weeks. Walking and going up and down stairs are allowed.
- No driving until after your first postoperative visit in the GYN Center.

Pain Control

- Ibuprofen (Advil®/Motrin®) and acetaminophen (Tylenol®) are over-the-counter pain medicines that work very well for pain control. Please take as directed on the bottle.
- **The maximum daily dose of acetaminophen is 4000 milligrams.** Check all medication labels. Acetaminophen may be an ingredient in over-the-counter and prescription medications.
- You can take 600 mg of ibuprofen (Advil®/Motrin®) every 6 hours or 800 mg every 8 hours. Please take it with food and a tall glass of water.

Diet

- You may resume your previous diet. We recommend you begin with lighter foods and if that does not upset your stomach, progress to a regular diet.

Call Us If...

- you have excessive vaginal bleeding (you saturate one or more peri pads in an hour)
- you cannot eat or drink without vomiting
- you have severe abdominal pain that is not relieved with pain medications
- you have a fever greater than 101°F (38.3°C) or a fever with chills
- you have increasing redness, swelling, or foul-smelling drainage from the area
- your arms or legs have swelling, numbness, or discoloration

Follow Up Care

- You should be scheduled for a follow up appointment in the clinic 2-4 weeks after your procedure.
- Driving restrictions will be lifted as long as no significant pain issues remain.
- If there is a final pathology report, it will be discussed with you at your follow-up visit, along with any further recommendations or treatments. Remember, the sutures (stitches) used during your surgery will dissolve. They do not need to be removed.
- Since this appointment is very important, please contact the GYN Center if you do not have one scheduled or if you need to change the date and/or time.

Questions or Concerns

If you have any questions or concerns, please contact our clinic at **716-845-5855** between the hours of 8:00 a.m. and 5:00 p.m. on weekdays. Nights, weekends, and holidays, please call **716-845-2300** and the Call Center staff will assist you.