

# Discharge Instructions: Vulvectomy/Wide Local Excision/Biopsy

## What To Expect

- Your doctor has made incision(s) in your vulva. The incisions may be covered with dissolving sutures (stitches). The sutures provide protection to the incision and so that no dressings are needed.
- Soreness or sharp pain around the incision sites is expected.
- You may have some soreness around the incision sites.

## Wound Care

- You may shower the day after surgery but do not soak incisions under water for 6 weeks. No soaking means no tub bathing, swimming, or hot tubs.
- Allow soap and water to come in contact with your incisions and pat dry with a clean towel. Do not scrub the incisions.
- Keep the incisions clean and dry.
- Perform sitz baths three times a day.
- Use a hair blow dryer to help keep the incisions dry.

## Restrictions

- Do not lift anything heavier than 10 pounds for 6 weeks.
- No strenuous activity for 6 weeks. Walking and going up and down stairs is OK.
- No driving until after your first post-operative 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 heavy vaginal bleeding (soaking 1 peri pad in an hour)
- you vomit whenever you try to eat or drink
- 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 swelling, numbness, or discoloration in your arm(s) or leg(s)

## Follow Up Care

- You should be scheduled for a follow up appointment in the clinic about 2-4 weeks after surgery.
- Driving restrictions will be lifted as long as no significant pain issues remain.
- You will receive the final pathology report at this visit and discuss 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 clinic 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 the GYN 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.