



Post operative care following Vulva/Vagina Surgery

Postoperative care is important to ensure that your wound heals without infection and to promote healthy skin. It is imperative that incisions and surrounding skin should be kept clean and dry and free from rubbing and friction. Special care should be taken especially during the first two weeks. Listed below are a few instructions to help with your postoperative care.

DO

- Wear white all cotton underwear, not nylon with a cotton gusset. Cotton allows air in and moisture out
- Wear loose fitting clothes around your incisions to avoid rubbing and friction
- Apply ice packs 3 times a day for 20 mins in the first 24 hours post op.

AVOID

- Tight clothing, especially clothing made of synthetic fabrics, leggings, jeans etc
- Pantyhose and underwear made of synthetic fabric
- Wet bathing and exercise clothing- remove them as soon as you can
- Bath soaps, bath salts, scented oils, lotions, gels etc which contain perfumes
- The use of deodorised pads and tampons
- The use of fabric softener in the washer or dryer on articles of clothing that comes in contact with your vulva

Put nothing in your vagina during the first two weeks following surgery

- No douche
- No intercourse
- No tampons

Keep incisions clean and dry

- After toileting, pat area with damp warm clean soft cloth then pat dry, do not rub with towel. Alternatively use a hair dryer on a COOL/ very low setting to dry vulva.
- Saltz Sitz are recommended each evening. Soak in lukewarm (not hot) bath water with sea salt or Epsom salts. Pat dry
- Pour lukewarm water over vulva after urinating if urine causes burning.
- Do not shave your vulval area
- You may take a shower
- Sit with your legs uncrossed.

Signs and Symptoms of Infection

- Increasing tenderness to the area
- Feeling unwell, hot/cold or feverish