

Post-Operative Care - Laser

What can I expect?

Within 12-24 hours after laser surgery, you may notice redness and swelling of the treated skin. The worst pain typically occurs 2-5 days after your treatment. Complete healing of the vulvar skin occurs within 4-6 weeks after treatment.

How will I manage pain?

You can take regular pain medications for at least 72 hours and then as needed. We recommend acetaminophen (Ex. Tylenol) 1000mg orally every 6 hours and ibuprofen (ex. Advil) 400mg orally every 6 hours.

Other ways to manage pain include:

1. Apply a cold compress (wrap in a towel, do not put ice directly on skin) to the area for 10 minutes at a time every 2-4 hours as needed.
2. When urinating, rinse with warm tap water using a peri-bottle (a water bottle with a squirt nozzle on it) to dilute the urine and decrease stinging. Alternatively, you can urinate in the bathtub.
3. You can soak in a sitz bath (if you don't have a sitz bath, a bath filled with shallow water or any basin you can soak in will do) 3-4 times per day for 10 minutes at a time for comfort.

How will I manage itch?

It is normal to experience itching while the skin is healing. Please do not scratch as this can cause skin breakdown and increase chance of infection. Tips for managing itch include:

1. Avoid heat and tight clothing.
2. Apply a cold compress (wrap in a towel, do not put ice directly on skin) to the area for 10 minutes at a time every 2-4 hours as needed.
3. If very itchy at night:
 - a. Wear cotton gloves to bed.
 - b. Take an anti-histamine or sedative before sleep (ex. Benadryl or hydroxyzine (prescription required)).

Wound Care

It is important to ensure the skin is kept dry after bathing or showering. You should use a clean washcloth to gently pat the area dry (do not rub) or you can use a hair dryer on a cool setting.

Once the skin is dry, please apply polysporin or bacitracin to the treated skin until it has healed.

Please avoid intercourse until the skin is healed and you are feeling comfortable.

When to seek additional care

If you develop a fever, abnormal swelling, foul-smelling discharge, pain not responding to the above therapies or otherwise feel unwell, please call the clinic at 604-875-5022 during office hours or present to your local urgent care centre during non-office hours.

Follow-up

You will have a follow-up appointment in 6 months unless instructed otherwise by your treating physician.