

Information following vulval laser surgery

Lesley Crisp, Colposcopy Lead Nurse

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What is vulval laser surgery?

Vulval laser surgery is a treatment for abnormal areas on your vulva, which include the lips outside the vagina (labia). A laser is used to remove abnormal cells with the expectation that normal healthy skin will grow back in its place.

Helping the vulva to heal

Please follow these instructions carefully. It will help to make sure that you are as comfortable as possible and that the surgical area heals properly.

- Wear loose clothing and cotton underwear.
- For the first 24 hours apply ice to the vulva, wrapped in a plastic bag and covered with a soft towel.
- Do not put anything into the vagina until the vulval area is healed. Do not use tampons or douches or engage in sexual activity during this time. Healing takes at least three weeks but could take up to six weeks or even longer.
- During and after urination, use a jug of warm water to rinse the vulval area and pat dry with a flannel. Do not use toilet paper as this may stick to the treated areas.
- On the day after the procedure, soak the area in a warm saline bath three times that day. For a saline bath add one tablespoon of seasalt (available from a supermarket or health food store) to a gallon of water. Gently separate the labia to allow the saline solution to reach all parts of the vulva. This will minimise discomfort and encourage healing. Gently pat the area dry.
- When the area is clean and dry, carefully apply cream as prescribed by your doctor.

Other information

At first those areas of the vulva that have been treated with the laser may look brownish-black or whitish-grey. The tissue around these areas may be swollen, red or sore. This discomfort will start to get better 2-3 days after the procedure and is usually gone in two weeks.

How will I feel after the surgery?

You will want comfortable clothes to go home in after surgery. Loose-fitting clothes and white (non-dyed) cotton pants are best. Recovery time will vary from woman to woman. In general, you should plan not to resume your usual activities for at least a week after surgery.

Please contact your GP if you have any of the following signs or symptoms:

- Temperature higher than 38°C
- Heavy or increasing vaginal bleeding that soaks more than one pad per hour
- Strong odour or discharge
- Hard lumps in the vulval area
- Pain not relieved by paracetamol or ibuprofen, or an increase in pain
- Inability to pass urine.

If you have any questions following your surgery then please do not hesitate to contact the clinic on **01493 453071** for advice.

This information has been adapted from that produced by
St. Vincent Gynecological Oncology

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

- Courtesy and respect
- A welcoming and positive attitude
 - Polite, friendly and interested in people
 - Value and respect people as individuals
So people feel **welcome**
- Attentively kind and helpful
- Look out for dignity, privacy & humanity
 - Attentive, responsive & take time to help
 - Visible presence of staff to provide care
So people feel **cared for**

Responsive communication

- Listen to people & answer their questions
 - Keep people clearly informed
 - Involve people
So people feel **in control**
- Effective and professional
- Safe, knowledgeable and reassuring
 - Effective care / services from joined up teams
 - Organised and timely, looking to improve
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240