

## VULVAL SURGERY

### ITEM NUMBERS

|                      |       |                                      |       |
|----------------------|-------|--------------------------------------|-------|
| FENTON'S PROCEDURE:  | 35569 | EXCISION VULVAL CYST:                | 31211 |
| HYMENECTOMY:         | 35509 | LABIOPLASTY:                         | 35533 |
| PERINEORRHAPHY:      | 35571 | MARSUPIALISATION of BARTHOLINS CYST: | 35513 |
| VULVAL BIOPSY:       | 35615 | WIDE LOCAL EXCISION OF VULVA:        | 35536 |
| BARTHOLIN'S ABSCESS: | 35520 | LOCAL FLAP REPAIR:                   | 45206 |

### ON DISCHARGE

On discharge you may experience some localised swelling and mild to moderate discomfort. Please take regular pain medication as required eg. Panadol or Ibuprofen. Ibuprofen also has an anti-inflammatory effect which can assist with post-operative swelling. To assist with the swelling you may also wish to apply a small icepack. Do not place the icepack directly but wrap it first in a clean cloth before applying to the area.

You can shower as usual post operatively. Avoid baths. Keep the vulva clean and dry after showering. If you experience burning after urinating, pour lukewarm water over the vulva and then pat dry.

You may experience some bleeding after your procedure so it's advisable to use either a panty liner or sanitary pad until this loss subsides.

Not all procedures require stitches but if you do, stitches used in this area are usually dissolving ones and generally come away on their own around day 10 post operatively. Unfortunately, just before they come away they can start to cause some pulling. For this reason you will usually be given a post op appointment around 10 days post op so we can remove the stitches should they be causing you any problems.

Perineorrhaphy surgery will require a 6 week post op visit.

### RESUMPTION OF ACTIVITIES

You may need to take 3-5 days off work depending on the procedure you have had and your occupation. Please ask for a medical certificate should one be required.

It is advisable to take things easy for a few days postoperatively to recover from the anaesthetic, avoid causing additional swelling and minimise damage to the healing wound.

You must refrain from driving for a minimum of 24 hours and then you can resume driving once you have full use of your reflexes. If pain will inhibit an emergency stop then please do not drive.

Please refrain from sexual intercourse until any bleeding or discharge has stopped and you are feeling comfortable. This may take up to 2-4 weeks especially if you have had stitches.

**If after your discharge from hospital you experience grave concerns, at any time, please call the Rooms on 9389 5065 and you will be directed to the appropriate contact number.**