

CARE AFTER VULVA SURGERY

Your help in keeping the area clean will allow good healing, prevent scaring and infection:

- You may experience discomfort, swelling, bruising, spotting or light bleeding during the first week.
- After labia surgery, please avoid exercise or excessive pelvic/leg movement especially for the first 4 days. This will allow healing and good approximation of the skin edges. (Take it easy, lie in bed for a few days, watch TV or read a book)
- Wash in a shower or a shallow bath 2-3 times per day. Use a mild soap such as Dove. Never use medicated soap or liquid soaps. Gently spread the labia and wash very lightly. Not all the Vaseline will come off, this is okay! Don't scrub! Do not pull your thighs or labia apart. This will disrupt the sutures and cause scarring.
- When washing, only use your finger tips and mild soap. Never use baby wipes, sponges or a washcloth.
- It is very important to apply Vaseline 3-4 times per day, especially before urinating and after a shower/bath.
- There may be burning when urinating. To avoid this, apply Vaseline to the skin edges before and after urinating. Having a gentle shower after urinating may be helpful. Always apply lots of Vaseline after a shower.
- After a bowel movement, have a gentle shower to wash the area to prevent contamination.
- Apply the antibiotic ointment at bedtime only. Do not use it more than once per day. This can irritate the incision.
- Once you have applied Vaseline, put on the provided non-stick gauze dressings (this protects the edges), then cover with a small sanitary pad or panty liner. Then put on underwear. Use "granny" underwear. No thongs or G-strings or tight underwear.



- Absolutely no Jacuzzi's, hot tubs or attempting intercourse.
- No lower leg or pelvic exercise please.
- Please use the prescribed oral antibiotics to prevent infection.

If you have bleeding, pain or a fever, please come in or call us 416-484-8383 or email info@meridiamedical.com after hours.

If after hours or if we are not available, please proceed to the nearest emergency room.