



## **Post-Operative Instructions**

### **Outpatient Surgery**

### **Vaginal/Vulvar**

You will find that you have completely forgotten what we told you we found, due to the effects of anesthesia. Even though a family member with you has been informed of the findings and how you are doing, the doctor wants to talk to YOU about it. Please call the office and schedule your post-op appointment in 2 weeks.

For your first post-operative day, do not

- 1) drive
- 2) sign any legal documents
- 3) make any important decisions

### **Eating**

Drink liquids and eat lightly for the first one to two days after surgery. After that you should be able to eat normally.

### **Activity/Bathing/Driving**

Get plenty of rest. LISTEN TO YOUR BODY. You will be sore the first few days after surgery. If you had extensive surgery, the soreness may last for a week or more. It is fine to shower. You may take a shower as long as you cover your incisions with plastic wrap and tape. You may drive a car in one week.

### **Wound Care**

Your stitches are underneath your skin and will dissolve. You may see a knot at the end. If it is still there at your post-op appointment, the physician or nurse will pull it out for you. Any staples on your incision will be removed in the office within 7 days. Keep your incisions clean and dry. On the second day after surgery, you may remove your outer tape and gauze or Band-Aid. Leave the plastic strips on top of your wound for one week unless they are bothering you. If the strips haven't fallen off after one week, you may gently pull them off. If you have a drain coming from your incision, feel free to shower and pat the site dry. Keep it covered with gauze or a pad. Your physician will instruct you when it is to be removed. **If your incision gets red, tender, or develops leakage of fluid, or if your drain falls out early call the office at 704-341-1103.**

### **Pain medications**

Either before your surgery, or before you are discharged home, you will be given prescriptions for pain medication. **Do not exceed the dosages written. If you find that the medication prescribed does not control your pain, call the office.**

### **Intercourse**

Please refrain from having intercourse until your post-op appointment. Do not use tampons until your bleeding has completely stopped. Rule of thumb: if it hurts, don't do it!

## **Follow-Up**

You should have a follow-up appointment with the physician who performed your surgery 2 weeks following your surgery. Call the office at 704-341-1103 to make an appointment if you haven't done so already.

### **Call the Office If:**

- 1) You have a fever greater than 101 F.
- 2) You have pain that is not relieved by pain medications.
- 3) You have redness around or leakage from your incision.
- 4) You have heavy vaginal bleeding (ie, soaking greater than one maxi-pad in one hour).
- 5) You are unable to keep food or liquids down.
- 6) You are unable to urinate or have pain while urinating.

**The office number is 704-341-1103**