

Discharge Instructions: Excision from Vaginal or Vulva Area

What to expect after the procedure

1. You may resume your normal diet and medication after your surgery as long as you do not feel nausea from the anesthetic. Nausea can be treated with Gravol® if the nausea does not go away on its own.
2. You may experience a very small amount of brownish coloured vaginal discharge. This is normal. Any large amount of bright red bleeding should be reported immediately to your doctor. If you are unable to contact your doctor, go to the nearest Emergency Department.
3. If you have sutures or stitches keep them clean and dry. Wear cotton underwear only. The sutures should dissolve in about two weeks.
4. Sitz baths may be ordered by your doctor. If ordered, start your sitz bath the day after your surgery. Take at least three to four sitz baths for 10 to 15 minutes every day. They will help your wound heal and continue to make you feel comfortable. Use warm water. Continue taking the sitz baths until you no longer have any discomfort. Dry yourself off after each sitz bath. You do not need to put any special products in the sitz bath water. A sitz bath means soaking in warm water in a shallow basin or bath tub for 10 to 15 minutes. You may buy a “sitz bath” at your local pharmacy if you so choose.
5. Mild pain is normal. You may use Tylenol® or other mild pain relief medication (Advil® or Ibuprofen). (Check with your doctor if you are allergic to Acetaminophen or aspirin-like products).
6. Call your doctor’s office for a follow-up appointment.