

Post-Operative Care - Excision of Vulvar Mass

When will I be able to go home?

You will be able to go home on the same day as the operation. Most patients are observed for 1-3 hours after their surgery to ensure the effects of the anesthetic has worn off. You must have someone present to take you home.

How will I manage pain?

You should take regular pain medications for at least 72 hours and then as needed. We recommend acetaminophen (Ex. Tylenol) 1000mg orally every 6 hours and ibuprofen (ex. Advil) 400mg orally every 6 hours. Your doctor may give you a prescription for a stronger pain medication that you can take if your pain is not well managed with acetaminophen and ibuprofen.

Other ways to manage pain include:

1. Apply a cold compress (wrap in a towel, do not put ice directly on skin) to the area for 10 minutes at a time.
2. When urinating, rinse with warm tap water using a peri-bottle (a water bottle with a squirt nozzle on it) to dilute the urine and decrease stinging. Alternatively, you can urinate in the bathtub.
3. Lidocaine 5% gel to affected area 2-3 times per day.

Wound Care

You may have sutures placed during the procedure. These will dissolve over 4 weeks and they do not need to be removed.

Starting 3 days after your procedure, you can soak in a sitz bath (if you don't have a sitz bath, a bath filled with shallow water or any basin you can soak in will do) 3-4 times per day for 10 minutes at a time.

It is important to ensure the surgical site is dry after bathing or showering. You should use a clean washcloth to gently pat the area dry (do not rub) or you can use a hair dryer on a cool setting.

You may notice bruising around the surgical area which is normal. You may notice a small amount of bleeding from the surgical site. If this occurs, apply pressure to the area by sitting on a rolled towel for 10 minutes until the bleeding stops. If the bleeding becomes heavy (soaking a pad in 1-2 hours), then please call the clinic at 604-875-5022 during office hours or present to your local urgent care centre during non-office hours.

When to seek additional care

If you develop a fever, heavy bleeding, abnormal swelling, foul-smelling discharge, pain not responding to the above therapies or otherwise feel unwell, please call the clinic at 604-875-5022 during office hours or present to your local urgent care centre during non-office hours.

Follow-up

You will have a follow-up appointment in 4 weeks unless instructed otherwise by your surgeon.