

# Post-Operative Care – Vulvar Lysis of Adhesions

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## 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.

Other ways to manage pain include:

1. Applying 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 incision 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.

## Specific post-operative skin care

After surgery, there is a high chance of having a flare of your disease. It is very important to use your steroid regularly and to use a vaginal dilator to prevent the vulvar skin from sticking together again.

Please follow these recommendations:

1. Apply the topical steroid prescribed by your doctor to the surgical site twice daily until seen in follow-up. You should use a chickpea-sized amount and apply it with gentle pressure to the divided skin edges.
2. Apply a barrier cream (Vaseline or zinc oxide) to protect the skin edges AT ALL TIMES except when the steroid has been applied.
3. Insert your thumb or the largest dilator that you can accommodate (with a silicone-based lubricant) 2 cm into the vagina for a few minutes each night.

## When to seek additional care:

If you develop a fever, 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.