

## Post-Operative Care – Vaginal and 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 or 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 or vaginal tissues from sticking together again. Please follow these recommendations:

1. To prevent reformation of vaginal adhesions, your surgeon will give you a prescription for hydrocortisone 100mg/g in glycerol base. Please follow these instructions carefully:
  - a. Week #1 = 3g inserted vaginally each night
  - b. Week #2 = 4g inserted vaginally each night
  - c. Week #3 = 5g inserted vaginally each night
  - d. Week #4 = 4g inserted vaginally each night
  - e. Week #5 = 3g inserted vaginally each night
  - f. Week #6 = 2g inserted vaginally each night
  - g. Week #7 = 1g inserted vaginally each night
2. Insert the largest dilator that you can accommodate (with a silicone-based lubricant) for a few minutes each night.

3. If you had vulvar lysis of adhesions as well, 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.

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