POST LASER INSTRUCTIONS

Apply cool gel packs for the first 12-24 hours. The cool gel packs should not be left in place throughout the entire 12-24 hour time period; instead they should be applied at 15-20 minute intervals with 1-2 hours between applications of cool gel packs.

Take a sitz bath three times per day with warm water and instant ocean, sea salt or Epsom salts. The duration of the bath should be approximately 15-20 minutes per bath and not to exceed three baths per day. Two tablespoons of the salt solution should be placed in a bathtub that is half full.

Pat the area dry with white flannel, or dry the area well thereafter with a hair dryer set on low.

Apply Silvadene cream (not to be used if you have sulfa allergies), Carrington’s gel, or Bacitracin afterwards.

Cleanse the area with salt-water solution after each void or bowel movement, if soiled. The salt-water solution to be used is 9% sodium chloride solution that is available at pharmacies or can be made by adding 1 tablespoon of salt to 1 quart of water, boiling the solution and cooling it prior to application.

For symptomatic relief, use warm teabags or lightly apply witch hazel in between the sitz baths. Leave the vulva uncovered at night (no underwear) to allow adequate exposure to the air.

You will be given oral pain medication. At times, this can cause constipation; therefore, a stool softener may be needed. There are two over-the-counter stool softeners that are recommended, (Surfak and Colace).

Within 12-24 hours after laser surgery, redness and swelling on the vulva may occur. The worst pain may occur 2-5 days following the surgery. As the skin heals, it will begin to itch at times. Complete healing of the treated vulvar skin generally occurs within 4-6 weeks.

Small amounts of bleeding may occur. If you start soaking a pad with blood in an hour or two hours, you need to contact us. Also, if you develop extreme redness around the lasered area or a foul discharge or fever, please contact the Gynecology Clinic at (734) 763-6295 for daytime hours (8:00 a.m. to 5:00 p.m.,); nighttime and weekends, contact the Gynecology Resident on call at (734) 936-6267.

At times, if laser is performed at the vaginal opening, skin friability may result and tearing may occur. Notify your physicians if this occurs. Additionally, if the labia minora (small lips of the vulva) are lasered, they also can scar together and change the size of the vaginal opening. If these areas were lasered, separate them with gentle traction daily to keep them from attaching to each other.

Avoid intercourse until the region is healed and comfortable.