

Kingston Health  
Sciences Centre

Centre des sciences de  
la santé de Kingston

# Laser Vaporization and Surgical Removal Discharge Instructions



Hôpital  
Hotel Dieu  
Hospital



Hôpital Général de  
Kingston General  
Hospital

## **What can I expect after the treatment?**

It takes 2 to 3 weeks for your vulvar area to heal. Until it heals, you have pain in that area. After the area heals, it looks normal and healthy. Follow the directions given in this booklet to

- Improve your comfort
- Aid healing
- Prevent infection

## **Sitz Bath**

A sitz bath is a basin in which you can soak your vulvar area. You can buy a sitz bath at drug or health care supply stores. To help prevent infection, soak your vulvar area in a clean sitz bath 3 to 4 times a day.

1. Fill the sitz bath with warm water.
2. You can add Epsom salts or baking soda to the water before you soak, although this is not required.
3. Soak your vulvar area for 10 minutes.
4. After the sitz bath, use a hair dryer on low temperature to dry the area gently or pat the area dry with a clean towel. Do not rub the area.
5. Clean and disinfect the sitz bath according to directions on package very well after each use.

Alternatively, if you are sore, or do not have access to a sitz bath, a hand-held shower head can also be used to cleanse the area adequately.

## **Clothing**

It is best to keep the area dry and open to air as much as you can. It is suggested to wear a loose fitting gown or nightie without underpants while you are at home. At other times, wear 100% cotton underpants. Do not wear thong underwear, panty hose, jeans, tight slacks or other tight clothes.

## **Toileting**

Clean the area with a clean damp cloth after you pass urine. Use a hair dryer on low temperature to dry the area or pat the area dry with a clean cloth. Do not rub the area. Furthermore, you can urinate in the sitz bath when you're done soaking and before you clean the sitz bath for the next use.

## **Pain**

You may take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for up to 14 days as needed. Follow the directions on the product label.

Apply 'Polysporin Complete' to the area as often as needed after the treatment. This antibiotic/anaesthetic ointment can be purchased over the counter from any pharmacy. It will help to numb the area and prevent infection.

### **Sex**

Do not have sex until the area is completely healed (about 2-3 weeks).

### **Bleeding**

You may have a little spotting or you might not experience any bleeding.

### **Stitches**

Your doctor will tell you which type of stitches were used to close the area.

Your doctor may close the area with stitches that dissolve. These stitches do not have to be removed.

Your doctor may use stitches that do not dissolve. In this case, you need to come back to have them removed. Your doctor tells you when and where to get your stitches removed.

It is important to note that stitches can become itchy, and are able to be removed if this occurs more than 10 days after the procedure. Let your doctor know if you're experiencing a lot of discomfort.

### **When to get help**

Feel free to contact the colposcopy clinic at (613) 548-6073. We would be more than happy to improve your experience and provide support in any way possible. The clinic office is open from 8:00am to 12:00pm on Monday, Tuesday, and Friday.

**Go to the nearest hospital emergency department if you have any of the following symptoms:**

- bleeding that is more than spotting
- large amounts of discharge from the area
  - Please note that a coloured (yellow/ pale green/grey) discharge is normal in small quantities
- the area is very itchy
- chills or a temperature above 38.5C (101F)

**Follow-up Appointment**

You need a check-up in 6-8 weeks. During the visit, the doctor checks to make sure that you are healing.

You may receive your check-up appointment on the day of your procedure.

Place \_\_\_\_\_

Date \_\_\_\_\_

Time \_\_\_\_\_

If you do not get notice of an appointment within 2 weeks of your treatment, call 613-548-2342 to arrange.

**Contact Information**

- Hours: 0800-1200 Monday, Tuesday, Friday
- Phone Number: (613) 548-6073
  - Results and return messages are offered from 0800-1200 Monday, Tuesday, and Friday
- E-mail: [colpoclinic@kingstonhsc.ca](mailto:colpoclinic@kingstonhsc.ca)