

Post-Operative Instructions
Anterior & Posterior Repair, Vulvar Surgery,
Hymenotomy, or Bartholin Gland Surgery

INSTRUCTIONS FOR THE FIRST 24 HOURS:

- Apply ice to the area---20 minutes on, then 20 minutes off while awake.
- Apply Lidocaine gel to the area every 2-4 hours as needed for pain.
- Apply Neosporin ointment twice a day.
- Keep area clean with sitz baths or by squirting warm water down the vulvar area after using the bathroom. Continue until the area is healed 1-2 weeks.
- Avoid stress to the area, tight clothing, and exercise.
- Take pain medication as needed.

FIRST TWO WEEKS:

- Slowly increase activity as tolerated---if it hurts, don't do it!
- Continue to use the Lidocaine gel as needed and pain meds only when necessary.
- Refrain from intercourse for 2 weeks. Nothing per vagina for 2 weeks.

DANGER SIGNS: Call our office (314-993-7009) for an appointment during working hours or through the exchange at night (314-388-6595) if any of the following symptoms occur—these are all emergencies—please do not ignore them!

- Fever—Temperature orally greater than 100.4 two times within one hour.
- Redness that is getting larger around the surgical site.
- Increasing pain, even with pain meds, in the area of the incision.
- Drainage of pus or foul smelling discharge from the area.
- Surgical sutures breaking with the incision opening.
- Bleeding more than a period.

*Please look at the area with a hand mirror, so you can describe the problem to us.