

# *Advice after vulval surgery*



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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## **Discomfort**

You may experience some discomfort after your operation, but this should settle within a few hours. Paracetamol may be taken if you need something to help with the discomfort. Please follow the directions on the packet.

## **Activity**

You should take things easy for a couple of days after your surgery and consider returning to work when you have recovered from the operation and your wound is comfortable - this is usually around two days after the operation. Please take a bath at least once a day and make sure that the vulva area is kept as clean and dry as possible.

We advise you not to have sexual intercourse for two weeks after your surgery.

## **Wound**

If stitches have been used they usually dissolve in about 10 days. Occasionally they may take a few weeks to disappear completely.

You may have a small Vaseline gauze dressing over the wound. You can remove this after 48 hours. We will tell you about this before you leave the Unit.

## **Follow up**

A follow up appointment will be sent to you if we need to see you in the clinic again.

## **Complications of surgery**

There is a risk of infection following surgery. The signs of infection are

- increasing pain
- redness in the wound, and
- a high temperature.

If you experience any of these symptoms please contact your GP as soon as possible.

## **Further advice**

If you need further advice please contact:

Day Surgery Unit 01722 336262 ext 4550 between 7.30am and 7pm.  
After 7pm contact Britford Ward on 01722 336262 ext 2233, or the NHS 111 service.

**Day Surgery Unit**  
**01722 336262 ext 4550**