



Mercy Health
Care first

Your important health information

Following vulval surgery

Managing pain and medications

- It is normal to be sore for up to 6 weeks after your surgery.
- You can take pain relief medications as prescribed or directed.

Physical activity

- You must rest and allow healing after surgery. You can gradually go back to your normal activities.
- Lying down is more comfortable than sitting after big vulval surgery. If this affects you make sure that you take short walks during the day.
- Do not lift anything heavy for 6 weeks. This includes shopping bags, washing baskets, children and anything more than 5kg.
- Do not play sport, exercise or do heavy housework for 6 weeks. Walking is allowed. Gradually increase your speed and distance.
- Do not have sexual intercourse until advised by your doctor.
- Do not drive until you are no longer taking any strong pain medication, as directed by your doctor and insurer.

Hygiene and wound care

- Continue vulval washes with salt water three times a day until your wound discharge has stopped. Carefully dry the area. This may take up to 4-6 weeks.
- Use sanitary pads until any wound discharge has stopped.
- Do not swim in pools, use baths or spas until all wound discharge has stopped.
- Often part of the wound will separate. This will still heal and does not affect the final appearance

Bladder and bowel function

- Drink 6-8 cups of fluid each day and eat fruit and vegetables.
- If you are taking pain relievers that contain codeine you can become constipated.
- You can take bowel medications such as coloxyl and senna or lactulose if needed. You can buy these from the chemist without a prescription. These are used to prevent constipation and reduce the strain on the stitches.

Physiotherapy

- Continue to wear your white compression (anti-embolism) stockings until you are fully active.
- Continue any other instructions.

After surgery review

You will have a post-operative appointment to check on your recovery.

If you have any of these problems

- Pain continues or worsens and is not eased by mild pain relief medication.
- Your wound discharge is bright blood or contains clots.
- Your wound discharge is smelly.
- You have frequency or burning when passing urine.
- You have a fever.
- You have calf pain, tenderness or swelling; any shortness of breath or chest pain.

Seek immediate help from:

- your local doctor

or

- Emergency Department, Mercy Hospital for Women: 8458 4000.

For non-urgent advice:

- Ward 6: 8458 4853

Further information

If you have any questions regarding this information, please contact:

Mercy Hospital for Women
Ward 6
Phone: 03 8458 4853

Acknowledgements

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