

## **POSTOPERATIVE INSTRUCTIONS FOR PATIENTS WITH LASER TO THE VULVA FOR DYSPLASIA OR CONDYLOMATA**

Areas treated will be raw and burned for approximately 10 days to three weeks. Healing should be complete in 4 to 5 weeks.

1. Take a sitz bath for 15 minutes at least twice a day for 10 days to 4 weeks, or until oozing has stopped. Prepare the bath water with one tablespoon of instant sea salt to one gallon of warm water. Sea salt may be purchased in stores selling natural food products, such as Wild Oats Market or Norris Health Foods.
2. Dry the treated areas with an electric hair dryer for approximately five minutes on the low or air setting following each sitz bath.
3. After drying, apply Silvadene Cream on the burned areas. Do this twice a day for at least ten days, or until no more oozing is present.
4. Apply Vaseline on lasered areas before urinating to avoid the pain that urine may cause when touching the surgical site. If too much discomfort still occurs, try urinating while in a tub of warm water.
5. Until healing is complete, twice a day, using clean hands, separate the lips of the vagina. This will prevent the lips of the vagina from closing together.
6. For at least eight weeks after the laser treatment, condoms should be used during intercourse.
7. Please call the office if excessive swelling, redness, pain, fever, bleeding or new warts should occur.
8. Drink at least eight glasses of **water** every day for at least eight weeks.