



Vulvar Reduction After Surgery Care:

Your vulvar reduction is now complete. It is now up to you to ensure healing occurs properly by protecting the tissues and not allowing them to become stretched or pulled, which can lead to wound break down. For the next 2-4 weeks these instructions should be followed as carefully as possible.

- Get plenty of rest – pamper yourself and take it easy, especially the first couple of days.
- Drink plenty of fluids.
- Wear loose clothing for 4-6 weeks. Wear loose cotton briefs and change them very often.
- Do not lift anything heavier than 10 lbs. for 6-8 weeks after your surgery.
- Avoid the gym and strenuous exercises, dancing, bicycling, horse riding and swimming for 4-6 weeks after surgery.
- Avoid any kind of sexual intercourse for 4-6 weeks after surgery.
- During your period it is recommended to use tampons and always keep the area clean and dry. Avoid pads or liners as they will rub on the surgical site.
- Keep your vaginal area clean and dry. Follow the cleaning and washing directions below.
- Dr. Lovett and/or her surgical staff will see you two weeks after surgery to remove any sutures and guide you on next steps for your recovery.

Please be aware that you may experience some pain or discomfort in the vaginal area. You may spot blood or have a small to moderate amount of discharge. This is normal and will lessen within a few days. You may initially experience some irritating symptoms, such as rubbing and sticking, puffiness, and bruising. This is not unusual during the early phases of healing and will resolve with time.

Call the office if the following occur:

- If you have increasing swelling.
- If you develop redness that persists or worsens after a couple days.
- If you have pain that is worsening or not relieved by medication.
- If you develop a fever or chills.
- If you have yellow, green or white drainage or notice a foul odour.
- If you have tissue that turns dark purple or black.
- If you have bleeding that is not controlled with light pressure.
- If you have any questions or concerns about your conditions.
- If you need clarification on these post-op care instructions.

Cleaning and washing directions:

It is important to keep your vaginal area clean and dry; you may bathe daily if you wish following these instructions:

- Do not directly wash the vulva/vagina by shower handpiece.
- Let the water fall over the area naturally in the shower.
- You may use a gentle, unscented soap or body wash to cleanse.
- Pat the area dry very well with a clean, soft towel and follow with a hair dryer.
- A wash bottle is helpful to keep discharge and debris from accumulating in your vaginal region.

Contact information:

- Dr. Lovett's office: 519-601-4554 (if during regular business hours).
- Victoria Hospital 519-685-8500 (if after regular business hours) and ask for Dr. Lovett directly.
- In case of emergency, please go to your local emergency department.

