

## Post-Operative Instructions for Vulvectomy Patients

- In a spray bottle, mix water with a little bit of peroxide. Spray the wound after each urination or bowel movement. If there is intense burning, omit the peroxide. Blow dry the area after each rinse with a hairdryer on a low setting.
- Patient should have 2-3 sitz baths a day for 15-30 minutes.
- Patient is not allowed to wear panties or pads for 2-4 days. Keep the vulva open to air as much as possible. Use a pillow to keep your legs apart while you are in bed.
- Expect some drainage, spotting, swelling, bruising, and slight odor. If there is significant increase in any of the above, please contact our office immediately.

For a printer-friendly, please [click here](#).