



GYNECOLOGIC CANCER INSTITUTE  
*of* CHICAGO

# DISCHARGE INSTRUCTIONS

## Vulvar Surgery

### ORDERED MEDICATIONS

DRUG	DIRECTIONS
Colace (stool softener)	1 tablet by mouth twice daily as needed for constipation
Zofran 4mg ODT (oral disintegrating tablet)	1 by mouth every 4 hours as needed for nausea or vomiting
Norco 5/325	1 to 2 tablets by mouth every 4 to 6 hours as needed for pain
Lidocaine Gel 2%	Apply to area 3 to 4 times a day as needed
Silvadene Cream or Neosporin/ Bacitracin	Apply twice daily to vulvar area
	Please resume all home medications

Please call the office (708-422-3242) within 48 hours of returning home to schedule or confirm a postoperative visit with your physician.

#### DIET

- No restrictions unless otherwise directed.
- Eat well-balanced meals.
- Drink six, 8-oz glasses of fluid per day.
- Eat plenty of fresh fruits and vegetables.
- You may find it easier at first to eat small frequent meals throughout the day, especially if you feel nauseous.

#### ACTIVITY

- Nothing in the vagina (no douching, tampons or intercourse) for 4 weeks.
- Return back to normal activity slowly and as tolerated.

## VULVAR CARE

- Mild bleeding and discharge that is brownish or yellow in color is normal. If there is a foul smell to this discharge call the office.
- You may take a sitz bath two to three times a day. This will help the wound heal and also help with discomfort. Submerge your bottom in a shallow basin filled with warm water for 10 -15 minutes. You may add Epsom salt if you desire. Pat your bottom dry, do not rub. You may use a handheld hair dryer on the cool setting to dry the area thoroughly.
- Use a “peribottle” or a spray bottle filled with warm water to rinse the vulvar area after urinating or having a bowel movement. If debris is present, gently cleanse the area with moistened gauze. Be gentle and do not scrub. Pat the area dry.
- Apply the Silvadene cream (if prescribed) to you vulvar area twice daily until your post-operative appointment.
- Wear cotton underwear (wearing no underwear is best whenever possible). If you are using a panty liner or pad, change it frequently whenever it gets moist.

## REASONS TO CONTACT YOUR DOCTOR

- Temperature of 101 F (38.3 C) or greater on two occasions that are 4 hours apart.
- Nausea/ vomiting unrelieved by small meals or prescribed medications.
- Constipation unrelieved by laxatives (no bowel movement for 24 hours).
- Constipation combined with nausea.
- Pain unrelieved by medication.
- Vaginal bleeding which soak more than 1 pad per hour.
- Signs of vulvar infections.
- Foul smelling vaginal discharge.
- Difficulty or burning with urination.
- Any other concerns.

## MEDICATIONS

Keep in mind that prescription medications cannot be refilled after office hours or on the weekends. Please notify our office 24-48 hours in advance if you need a medication refill.

- Resume all usual medication unless otherwise directed.
- Use a daily stool softener (Colace, Metamucil, Fibercon or Citrucel) for constipation or slowed bowel movements. Stop use when bowel movements return to normal for you.

**For problems with significant constipation you can use one of the following:**

- Senokot, Milk of Magnesia, Dulcolax tablets, Dulcolax suppository or Magnesium Citrate (10 oz)
- Try only one of the above listed medications at a time. These do not require a prescription.
- You may want to eat a small meal prior to taking your pain medications.
- Do not stop your pain medication abruptly. Decrease the amount taken gradually.
- Try eating a small meal prior to taking your pain medications.

## CALLING THE DOCTOR

- During office hours (M-F; 8am- 4:30pm) call: 708-422-3242 and ask to speak with the Nurse or Physician Assistant.

- After office hours: call 708-422-3242 to reach the on-call physician. Please reserve evening and weekend phone calls for urgent matters only.
- If you are receiving home healthcare, call your home healthcare nurse, who will assess your condition and call the doctor if necessary.
- For emergencies call: 911 or go immediately to the nearest Emergency Room.