

Home Care After Laser Surgery

Laser surgery uses a laser light source to remove diseased tissues. This handout tells you how to care for yourself after laser treatment. If you have any questions or concerns after you go home, please call the numbers listed at the end of the handout.

Cervix and Vagina

- It is normal to have some reddish, watery discharge during the first ten days after treatment. You may use pads, but do not use tampons.
- Do not put anything into the vagina (birth canal) for three full weeks. Do not douche.
- Do not have sex for four weeks or until it is ok with your doctor. Check with your doctor if you have questions.
- You may have a few cramps like menstrual cramps. This is normal and may be relieved by medicine such as Tylenol® or ibuprofen.

Vulva and Anus

- Do not wear slacks, jeans, or tight clothes. A dress or loose pants is preferred.
- Do not wear nylon or synthetic underwear or pantyhose. Use white cotton panties when you go out or wear no underwear around the house.
- Use the “peri bottle” your nurse gave you to rinse off after you urinate or have a bowel movement. Pat yourself dry gently. Do not rub, as this will increase your discomfort.
- Use pain medicines as advised. Most people find they need it most during the first week. If you take opioid pain medicine, take a stool softener (Colace®) daily. Drink plenty of

fluids and eat high fiber foods to help avoid constipation.

- We may have given you a numbing gel (lidocaine jelly 2%). Put this around the anus and on the vulvar area to decrease pain during bowel movements. You may also wish to put this on your labia if urine causes burning.
- Sit in a bathtub twice a day, letting warm water wash over the genital area. Do not use soap on the genital area. If you do not have a bathtub, we will give you a sitz bath.
- After your bath, use a hair dryer (on low heat) or a fan to dry the perineal area. When using a hair dryer, put one foot up on a chair to expose the area as you blow it dry. Do not rub with a towel.
- It often requires 4 weeks to heal.

When to Call

- If you have severe cramping or pain not relieved by pain medicine.
- If you have bright red bleeding or you are using more than one pad in an hour.
- If your vaginal drainage becomes foul-smelling, cloudy, thick, or greenish in color, you may have an infection.
- If you have a fever greater than 100.4°F by mouth, for 2 readings taken 4 hours apart.
- If you cannot have a bowel movement within 2-3 days.

Phone Numbers

If you have any questions or problems once you are home, please call your doctor or nurse.

UW Health- Managed OB Clinics			
UW Health West OB/GYN Clinic 451 Junction Rd Madison WI 53717 (608) 265-7601	UW Health East OB/GYN Clinic 5249 E Terrace Pkwy Madison WI 53718 (608) 265-1230	UW Health Benign Gynecology Clinic 600 Highland Ave Madison WI 53792 (608) 263-6240	UW Health Gynecology/Oncology Clinic 600 Highland Ave Madison WI 53792 (608) 263-1548

UWMF- Managed OB Clinics			
OB/GYN Clinic 20 S. Park, Suite 307 Madison, WI 53715 (608) 287-2830	East Towne 4122 East Towne Blvd. Madison, WI 53704 (608) 242-6840	West Towne 7102 Mineral Point Rd. Madison, WI 53717 (608) 828-7610	Fitchburg 5543 East Cheryl Parkway Fitchburg, WI 53711 (608) 274-5300
UW Arboretum OB/GYN Clinic 1102 S. Park Street Madison, WI 53715 (608) 287-5898			

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5773