

Health Facts for You

Laser Vaporization of the Vulva

The logo for UWHealth, featuring the letters 'UW' in red and 'Health' in blue, set against a white background with a faint hexagonal pattern.

Laser vaporization of the vulva is the burning of tissue from one side (or both sides) of the skin that create the vagina opening. It is also used for genital warts.

Reasons for Laser Vaporization

Patients will have this treatment when they have abnormal cells (dysplasia) or difficult to treat genital warts. These cells can lead to cancer if untreated. Laser vaporization helps to remove all the abnormal tissue. Most patients have very few problems after treatment.

Pain Control

Use ibuprofen (Advil, Motrin) up to 600 mg every 6 hours as needed for pain. **Do not** take more than 2400 mg in a day. You may also be prescribed a narcotic pain medicine. Take this as directed.

Bathing

- Keep the area clean and dry.
- You can shower but pat the area to dry afterwards (**do not** scrub).
- **No** tub baths, swimming pools, hot tubs, lakes etc. for **2 weeks**.

Wound Care

- Pat the area dry after you urinate (pee). You may notice spotting for a few days. This is normal.
- Use the Silvadene Cream on the treated area as much as you need to.
- Wear cotton underwear.
- Use a mirror to check daily for signs of infection, such as:
 - Redness
 - Foul-smelling drainage

Activities

- You can resume most normal daily activities. **Avoid** anything that causes pain.
- There are no limits on lifting.
- **Nothing** in the vagina for **2 weeks**. This means no douching, sex or tampons.

Follow-Up Visit

Most patients have a follow up visit in 2-3 weeks. We try to schedule this visit before your treatment. If you do not have a visit scheduled, please contact our office.

When to Call

Call if you have:

- Questions or concerns about your discharge instructions
- Fever over 100.4 degrees, for two readings, taken 2 hours apart
- Severe pain that is not relieved by pain medicines
- Signs of infection
- Chest pain or shortness of breath
- Leg swelling, redness or pain
- Dizziness or faintness (passing out)
- Trouble urinating
- Frequent or urgent urination

Who to Call

OB/GYN Clinic

8 am- 5 pm, Monday- Friday

608-287-2830

After hours, holidays and weekends, your call will be answered by an operator. Leave your name and phone number with area code. Someone will call you back.

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 © 9/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8215.