

Laser Vaporization of the Vulva

Laser vaporization of the vulva is the burning of tissue from one side (or both sides) of the skin that create the 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.

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 prescribed.
- 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 (redness, foul smelling drainage)
- 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

If you have any questions, please call your primary provider: _____

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.