

LASER SURGERY

Preparation:

- Bring a family member or friend to accompany you home.
- Be sure to eat your regular meal prior to your appointment. It is important not to fast.
- Wear comfortable, non-constricting clothing.
- The amount of time needed for recuperation will depend on your type of work and extent of area lasered.
- Empty your bladder shortly before procedure.
- Notify your physician if you suspect you are pregnant, or if you have your menstrual period.

Discharge instructions:

Laser Surgery on Cervix/Vagina:

- You usually will have a moderate amount of reddish, watery discharge during the first 10 days after procedure. Only a sanitary pad should be used. If bright red bleeding occurs that is heavier than your menstrual period, notify your physician.
- Do not put anything into the vagina for 4 weeks following the procedure. This means: no douching, no tampons, no sexual intercourse.
- Sexual relations can resume after your follow up appointment, unless otherwise instructed by your physician.
- If you should develop severe cramps or abdominal pain, or a fever greater than 101 degrees or abnormal bleeding, call your physician.
- Follow up visits are required to observe the healing process.

Laser Surgery on Vulva/Anus:

- Do not wear slacks, jeans, or any constricting clothing. A dress is preferable.
- Cotton underpants can be worn if needed. Avoid nylon or similar fabric – underpants or pantyhose. To facilitate healing, wear no underpants around the house.
- Sitting in a tub of plain warm water (without additives) for 10-15 minutes 3 times daily, may be soothing. Be sure the tub is clean before and after each use.
- Use a hand-held dryer to dry the genital area. Do not rub with a towel.
- 4-6 weeks is generally the period of time needed for this area to heal. No sexual intercourse is advised. Your physician will tell you when you can safely resume this activity.