



**Saint Mary's Managed Clinical Service**  
**Division of Gynaecology**

**PATIENT INFORMATION LEAFLET**

# CARE OF YOUR VULVA FOLLOWING LASER TREATMENT

You have been given this leaflet as you have been advised to have laser treatment to your vulva. This leaflet aims to provide you with some information and answer any questions you may have.

## WHAT IS LASER TREATMENT?

The vulva is the term used to describe the visible part of the female genitalia.

The laser is a powerful light that burns the skin and helps remove the abnormal area. This light leaves an area on your vulva that is like a burn and needs to heal. Laser surgery aims to remove the abnormal cells on your vulva.

It is important that you come back for all your appointments to monitor the health of your vulva and to ensure the abnormality has not reoccurred.

## WHAT TO EXPECT ON DAY TREATMENT

The treatment usually takes between 10-20 minutes, but you should allow approximately half an hour for the whole visit. You are welcome to bring a friend, partner or relative with you and they can stay with you throughout the procedure if you wish. You will be asked to undress from the waist down in a private cubicle. You will be given special protective glasses to wear to protect your eyes from the laser beam. The treatment is performed under local anaesthetic, which can be uncomfortable, but will numb the area quickly for treatment.

## WHAT TO EXPECT AFTER TREATMENT

Whilst you are healing, it is common to have some pain and swelling at the place where the treatment was performed. The pain usually does not last longer than 2 weeks. Cool packs covered and applied gently may give some relief from these symptoms. You may find it useful to take pain relief and anti-inflammatory tablets during this time, such as Paracetamol and Ibuprofen. You do not need a prescription to buy these medications, but it is important to take them as directed by your doctor, nurse or pharmacist.

You can experience some bloodstained, watery discharge following your treatment and you should wear a sanitary pad during this time.

## HOW TO TAKE CARE AFTER LASER SURGERY

To avoid infection whilst you are healing, wash your hands with soap and water, before and after touching your vulva.

Wash your vulva gently each day during a bath or shower, avoiding any perfumed products that may irritate the skin. Gently pat the area dry with a clean towel. Do not have sex until the area

heals, this may be a few weeks. You will be most comfortable in cotton underwear and loose-fitting clothes after this kind of treatment.

## WHEN TO SEEK MEDICAL ADVICE

You should seek medical advice from either our Emergency Gynaecology Unit at Wythenshawe hospital or your GP if you have any of the following:

- Offensive smelling discharge.
- If you feel unwell with a fever.
- If your pain is not controlled with over-the-counter pain relief.
- If your vulva is not healing after 4 weeks.

**If you require any further information, including clarification of terminology, please do not hesitate to talk to one of the doctors or nurses, who will be happy to discuss your concerns with you.**

## CONTACT DETAILS



### Emergency Gynaecology Unit (EGU)

(0161) 291 2561 (24 hours)

The EGU is located at Wythenshawe Hospital (enter via entrance 15)

***There are no emergency gynaecology services at Saint Mary's Hospital, Oxford Road***

### Saint mary's hospital, Oxford road:



**To cancel/change appointments or to enquire about your results contact:**  
(0161) 701 4455 (option 5) Secretaries (08:30 – 17:00)



**For non-urgent clinical advice within hours, please contact the Nurse Colposcopists located at Saint Mary's Hospital, Oxford Road**  
(0161) 276 5485 (08:00 – 17:00)



**Urgent clinical advice or advice out of hours please contact the Emergency Gynaecology Unit (EGU) located at Wythenshawe Hospital**  
(0161) 291 2561 (24 hours; 7 days)

EGU operates a telephone triage service, you must call and speak with a specially trained Nurse before attending