

Your vulval operation

There are various reasons why an operation needs to be performed on the vulva area. This may be to remove a lump or cyst or to take a biopsy of abnormal skin for further analysis. This allows treatment to be planned. This operation can be carried out with you asleep or awake and this will be discussed before your admission. In general, if you attend the Day Unit, this will be for a general anaesthetic.

Anaesthetic

This is a very small operation but can sometimes be painful and therefore you will be offered a general anaesthetic. The main anaesthetic begins in the operating theatre with an injection in a vein at the back of your hand. This produces sleep within seconds and by the time you wake up the operation is safely over.

Afterwards

There will be some discomfort. Painkillers such as Paracetamol should relieve this. There may be a small amount of bleeding for a few days. Take a bath daily to keep the area clean and dry carefully afterwards. You may find it easier and more comfortable to use a hairdryer. Wear loose fitting pants so they do not rub, or go without whenever possible.

Your stitches, if any, should dissolve within a few weeks. If they need to be removed arrangements are normally made for this.

Do not have sexual intercourse for about two weeks or until you feel ready. You can resume other activities within a few days and return to work.

It is advisable to check with your insurance before driving again as there may be clauses relating to general anaesthetics.

Don't hesitate to keep asking questions, until you understand all you want to know.

Nick Johnson, Consultant Gynaecologist
2013