

Patient information factsheet

Recovering well after a Fenton's procedure or vulva surgery

We hope this factsheet will help to answer some of the questions you might have after having a Fenton's procedure or vulva surgery.

Bleeding

It is common to have some mild bleeding from your vulva for up to seven days after your operation.

Do not use tampons during this period, only sanitary towels. Tampons may increase your risk of developing a mild infection. If you feel your bleeding is very heavy, prolonged or has an offensive smell, please seek advice from your GP.

Pain

It is normal to experience some pain in the vulva area after the operation. Please use over-the-counter pain relief, such as paracetamol or ibuprofen based products. Always read the label or instructions before taking them.

Stitches and dressings

Your wound will be closed with dissolvable stitches.

Diet and fluids

You can eat and drink as normal.

Sex

Do not have sex for at least four to six weeks, until the area has healed and you feel comfortable. When you resume, it may help to use a lubricant.

Washing

Please take a shower or bath at least once a day and try to keep the vulva area clean and dry.

We recommend you have a shower rather than a bath. If you only have access to a bath, do not put any soap or products in the water and do not soak for too long as this can affect the healing of your stitches and cause infection.

Do not have the shower or bath water too hot as this can cause the wound to bleed. Make sure that you pat the area dry well afterwards with a clean towel.

If you have had a general anaesthetic you might feel dizzy, so please have an adult around to help you, if needed, and keep the bathroom door unlocked.

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When should I seek medical advice?

While most women recover well after surgery, complications can occur, as with any operation.

Contact your GP, Bramshaw women's unit (**023 8120 6035**) or NHS **111** if you experience:

- increasing abdominal (tummy) pain
- a temperature (fever)
- a loss of appetite and vomiting
- difficulty passing urine, burning or stinging when passing urine, passing urine frequently or being unable to pass urine
- a painful, red, swollen, hot leg or difficulty bearing weight on your legs (this may be caused by a deep vein thrombosis (DVT))
- foul-smelling discharge from the operation site

Advice after an anaesthetic and/or sedation

Most modern anaesthetics are short-lasting. You should not have any side effects for more than a day after your operation. During the first 48 hours, you may feel more sleepy than usual and your judgement may be impaired.

For 48 hours after having the anaesthetic, **do not:**

- drive (check your policy, as each insurance company will have its own conditions for when you are insured to start driving again)
- drink alcohol
- work
- exercise
- handle machinery (including cooker or hob)
- sign any legal documentation

Contact us

If you have any questions or worries, please call Bramshaw women's unit on telephone: **023 8120 6035**.

Useful links

www.rcog.org.uk

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