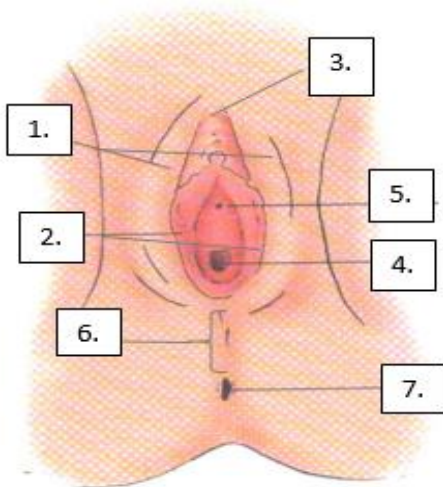


## Abnormal vulvar tissue removal

The main reason for partial removal of vulvar tissue can include precancerous growth or other abnormalities around the vulva.

### Anatomy of the vulva



Vulva consist of the external female sex organs. These include

1. labia majora
2. labia minora
3. clitoris

In addition, the following structures are located around the vulva:

4. opening of the vagina
5. urethra
6. perineum
7. anus

### Preparing for the operation

Preparing for the surgery starts at home. Read more on [Preparing for a gynecological surgical procedure](#).

**Arrive at the hospital according to the instructions in your appointment letter on the morning of the operation.** You will meet the doctor who will perform your procedure at the ward before the operation. Blood samples may be taken on the day you arrive.

## Operation

The surgery is usually carried out under local anesthesia. If the operation area is close to the opening of the urethra, a catheter may be inserted into the bladder during the operation.

## After the procedure at the hospital

After the operation is over, your recovery is observed at the recovery unit. Appropriate pain management and anti-nausea medication is always a part of a surgical procedure, and it starts with a premedication before the surgery. The urinary catheter is usually removed on the evening of the surgery or the following morning at the latest. Normal urination is usually possible after the catheter has been removed.

You can eat normally after the procedure. Getting up as soon as you can promotes recovery and the return of normal bowel functions, and decreases the risk of developing blood clots. You should move as much as you can, but remember to rest as well.

**You must spray the operation area with water** every time you use the bathroom and **let the area breathe** several times a day to ensure that the wound area does not become infected. A doctor may prescribe a course of antibiotics to prevent infection.

The length of your hospital stay depends on the extent of the surgery. Usually it is possible to go home on the day of the surgery, but sometimes it is necessary to stay in the hospital overnight.

## At home after the procedure

You should keep spraying the surgical wound and letting it breathe after you have been discharged. **Do not** bath in a bathtub, swim, have intercourse or use tampons, menstrual cups, or medications that are inserted into the vagina **for two weeks after the surgery**. The sutures are absorbable, and there is no need to get them removed.

The length of the **sick leave** depends on the extent of the surgery. Recovery varies from person to person, and we recommend that you give your body the time it needs to heal.

## Follow-up care

If histological samples have been taken during the surgery and they indicate further treatment is necessary, you will be contacted approximately 2 weeks after the results are ready. You can later review information regarding your care and a report of your treatment (discharge summary) from the [www.kanta.fi](http://www.kanta.fi) Omakanta service. We can also send your discharge summary to you by mail if you wish.

## Surgery's effects on sex life

After the procedure, the anatomy (appearance) of the vulva will change only slightly. The tissues around the surgical area are very adaptable and usually the cosmetic outcome after the recovery period is good. Sensation during intercourse can change if the clitoris is removed during the surgery. You can discuss how the surgery will affect your sexual life with the doctor treating you and / or with a sexual counsellor.

## **Possible problems**

Contact the hospital where your operation was performed if you experience any of the following after the surgery:

- intense pain
- heavy bloody or foul-smelling vaginal discharge
- the surgical wound or the area around it becomes sore, red, swollen or hard
- the wound is leaking blood-streaked fluid or puss
- your body temperature reaches over 37.5 degrees
- you experience problems with bowel function, diarrhea, or vomiting
- you experience problems with urinating