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Lysis of Labial Adhesions

Post-Operative Care

ACTIVITY RESTRICTIONS

Your child will have very little discomfort following this procedure. There are no activity restrictions. Your child may bathe and shower immediately following surgery.

DIET

Before your child is discharged home, she should be able to drink clear liquids and keep them down without vomiting. Once your child is able to drink liquids, you may add progressively to her diet with:

1. A full liquid or "light" meal, which may include toast, crackers, soup, or gelatin
2. Regular meals if your child tolerates the above

If your child vomits, wait approximately 45 minutes and start this process over with sips of clear liquids. Gradually increase the amount of clear liquids. When your child is able to tolerate them, follow the guidelines above.

CARE OF THE INCISION

Your child's vaginal area may be a little sore following surgery. Apply **A&D ointment, Vaseline, or Aquaphor ointment to this area**. This will be soothing to your child and help to prevent the raw surfaces from sticking.

If the wounds or incisions begin to look infected (you may notice unusual redness or a discharge), or the swelling becomes excessive, please notify our office.

Signs of infection include:

- Fever
- Excessive redness or swelling
- Any pus-like drainage from the incision

On occasion, you may also notice some spotting on the diaper or underwear. This is not unusual following this type of procedure so please do not let this alarm you, unless the blood looks bright red and the bleeding becomes excessive. If this occurs, please call our office immediately.

BATHING AND SHOWERING

You may bathe or shower immediately after surgery. For children in diapers, soaking in a tub of clear, warm water twice a day, for five minutes or less, will help the incisions stay clean and heal properly. This can be done for seven days starting with her first bath.

Starting **immediately after surgery**, gently spread the opening of your child's vagina with each diaper change or twice daily in potty trained children. Apply the A&D ointment, Vaseline, or Aquaphor ointment at this time. Keep this area clean with routine hygiene. Continue doing this until your follow-up appointment.

PAIN

Most children do not experience much pain after this type of procedure. You may give your child Children's Tylenol or Motrin as directed on the package. Other medications may be prescribed by your doctor, who will explain how to use them.

FOLLOW-UP

Your child will have a surgical follow-up in 4-6 weeks for a post-operative evaluation, unless specified otherwise. If you do not have an appointment already scheduled please call our office to arrange it.

WHEN TO CALL THE OFFICE

- Fever more than 101.5° F
- Your child is unable to urinate
- There is active (dripping) bleeding from surgery site
- Your child cannot keep liquids down (vomiting)
- Your child is in pain despite the use of recommended medications
- You have other questions/concerns

If you have any questions or concerns during regular business hours, please do not hesitate to call the Urology Nurse at (512) 538-2115 or (512) 538-2118.

During non-business hours please call (512) 406-3112 and ask to speak to the Urologist on call.