

WLE OF THE VULVA

A wide local excision (WLE) is performed under general or local anaesthetic to remove abnormal lesions from the vulva.

A small amount of normal tissue surrounding the lesion will sometimes be removed to obtain a clearance margin.

AFTER YOUR OPERATION:

- You will need to take it easy and have plenty of rest with short periods of gentle exercise, such as walking, for the first couple of weeks.
- No strenuous exercise or heavy lifting for at least 4 weeks after your surgery.
- A healthy diet of fruit, vegetables, fibre and plenty of water will help keep your bowels regular and decrease any discomfort when you go to the toilet, as well as aiding in the healing process of your wound. You may find benefit

from taking mild laxatives regularly for a couple of weeks. Coloxyl & Senna or Movicol can be bought over the counter at pharmacies.

- You will need 2-4 weeks off work, depending on how you are feeling, how your wound is healing and the type of work you do.
- Please do not drive a vehicle for 2 weeks after your surgery to allow for safe driving and appropriate wound healing. Check with your car insurance company regarding your current policy.
- Refrain from swimming, using tampons and intercourse for 4 weeks after surgery to help prevent infection occurring in your wound.
- You will need to wear elastic stockings for 2-4 weeks following your surgery to help prevent blood clots in your legs due to decreased mobility.
- It is important to keep your wound site clean and dry to prevent infection. Gently pat dry with a clean towel after showers. Use a hairdryer on a 'cool' setting to ensure that your vulval area is completely dry. Continue with vulval irrigation 2-3 times a day in the first two weeks as shown by nursing staff. Allow as much ventilation as possible by resting with your legs apart (without wearing underwear) and cover yourself with a sheet for as long as is comfortable.

- As the vaginal area is normally colonised by bacteria, it is not uncommon for the wound site to get infected. If infected, you will feel increased pain and heat in the area. A discharge is often normal and may not indicate infection.
- Take regular pain medications during the first week or two, and then as required. Some medications can cause constipation. Regular laxatives will help prevent constipation. If you have been commenced on oral antibiotics, please be sure to complete the course.
- You can resume sexual intercourse once your wounds have healed and you feel ready. You may find vaginal dryness to be a problem after your surgery. Use a lubricant such as 'Sylk', 'Pjur' or 'KY' from the chemist.
- The final results of your pathology will be available 10 - 14 days after your operation. Our nurse will call you with the results and a formal letter of recommendation should reach you within two weeks after your operation. If any further treatment is required this will be organised for you.

WHEN TO SEEK ADVICE

You should seek advice from your GP or us if you experience any of the following:

- Your vulval wound has increasing redness, pain, swelling, is hot to touch or has offensive, malodorous discharge.
- An elevated temperature (38°C or higher).
- Severe pain or pain that lasts for more than 48 hours not eased by medications.
- Increased swelling of your feet/legs.

If you have a problem after your operation and you have been discharged from hospital:

During Business Hours:

call WOMEN centre

After Hours:

after-hours manager at SJOG Subiaco -
Phone: **9382 6111**

Emergency Requiring Urgent Assistance:

KEMH Emergency Department -
Phone: **9340 2222**

If you are happy to see your GP, then please do so.

Please do not hesitate to contact us if you have any queries or would like to discuss any matters to do with your care.



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WLE
(Wide Local Excision)