

外陰婦科手術後出院須知

傷口護理

1. 疼痛－陰唇可能會有輕微的疼痛，和持續腫脹起幾個星期，要視乎腫脹的大小，可服用醫生處方的止痛藥
2. 不要灌洗
3. 不要使用任何陰道栓劑，藥物或除臭劑，除非是你的醫生指示
4. 在接下來的兩到三個星期是非常重要的，格外要注意個人衛生，因為在這段時期，感染的風險很高。每次如廁後，應用乾淨水或醫生處方的消毒液沖洗陰唇和傷口，並輕輕抹乾
5. 每天用溫和的肥皂來淋浴或洗澡，不要使用泡泡浴，沐浴油或芳香沐浴產品
6. 排便或小便後，從前面（尿道）向後（肛門）擦拭
7. 建議使用衛生護墊並要時常更換

覆診

1. 請依指定日期接受覆診檢查
2. 如發現下列情況，請即回瑪麗醫院急症室求診：
 - ◆ 持續性發高燒（超過攝氏38度或華氏100度）
 - ◆ 傷口有紅、腫、熱、痛等感染徵狀
 - ◆ 傷口流血：突然或持續增加或有異味分泌
3. 如有需要，每年做盆腔檢查和子宮頸抹片檢查

飲食

保持均衡飲食，有助修補傷口

日常生活

1. 穿戴乾淨，天然纖維，純棉內衣和內褲，不要穿緊身的內衣和內褲，因這將導致摩擦，減少血液循環，並引致感染
2. 應避免行房和劇烈運動三個星期，讓傷口有時間癒合，或跟隨醫生忠告
3. 下次月經應該如以往的時間。您必須使用護墊，而不要用衛生棉條


如有任何查詢，請聯絡你的主診醫生

以上資料由瑪麗醫院婦產科提供



瑪麗醫院
Queen Mary Hospital

外陰婦科手術後出院須知 Discharge Information after Gynaecological Operation on Vulval Area

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Discharge Information after Gynaecological Operation on Vulval Area

Wound care

1. Pain -- labia may be slightly painful and remain swollen for several weeks, depending on the size of the swelling. It is advised to take analgesic as prescribed by physician
2. Do not douche
3. Do not use any vaginal suppositories, medications or deodorants unless it is advised and instructed by physician
4. For the next two to three weeks, it is very important to pay extra attention to your personal hygiene, because you are at a high risk for infection. After each toileting, rinse your perineum with plain, clean water or antiseptic solution as prescribed by physician. Then gently pat dry
5. Shower or bathe carefully every day with a mild soap. Do not use bubble bath, bath oils or highly perfumed bath products

6. Wipe yourself from front (urethra) to back (anus) after a bowel movement or passing urine
7. Advise to use sanitary pads and change frequently

Follow Up

1. Attend your follow-up visit on scheduled date, time and venue
2. Attend the Accidental and Emergency Department, Queen Mary hospital, if you experience the followings:
 - persistent high fever (at or above 100 degree F or 38 degree C)
 - sign of wound infection; redness, pain, swelling
 - persistent increase of wound bleeding or foul smelling discharge from wound
3. Go for yearly pelvic examinations and pap smears if required

Nutrition

A balanced diet is recommended after the operation in order to promote wound healing

Daily Activities

1. Daily activities can be resumed
2. Wear clean, natural fibre, cotton underwear and panties. Do not wear tight-fitting clothing around the genital area. It will cause friction, decrease circulation and induce infection
3. Be advised to abstain from sexual activities and vigorous exercises for three weeks during the wound healing period, or as advised by physician
4. Your next menstrual period will occur at the usual time. You must use sanitary pad, not tampon

Should you have any queries, please consult your doctor-in-charge

Information provided by the Department of Obstetrics and Gynaecology, Queen Mary Hospital