

Women's Cancer Care Associates

319 South Manning Boulevard, Suite 301, Albany, NY 12208

518-458-1390

POST LASER INSTRUCTIONS

Apply ice for the first 12-24 hours. The ice should not be left in place throughout the entire 12-24 hour time period; instead it should be applied at 15-20 minute intervals with 1-2 hours between applications of ice packs.

Take a sitz bath three times per day with warm water and instant ocean, sea salt or Epsom salts. The duration of the bath should be approximately 15-20 minutes per bath and not to exceed three baths per day. Two tablespoons of the salt solution should be placed in a bathtub that is half full.

Dry the area well thereafter with a hair drier set on low.

Apply Silvadene cream (not to be used if you have sulfa allergies), Carrington's gel, or Bacitracin afterwards.

Cleanse the area with salt-water solution after each void or bowel movement, if soiled. The salt-water solution to be used is 0.9% sodium chloride solution that is available at pharmacies or can be made by adding 1 tablespoon of salt to 1 quart of water, boiling the solution and cooling it prior to application.

For symptomatic relief, use warm teabags or lightly apply witch hazel in between the sitz baths. Tea tree oil and vitamin E applied to the skin also offer soothing relief. You may also use Lidocaine gel or ointment up to six (6) times per day for pain relief.

You will be given oral pain medication. At times, this can cause constipation; therefore, a stool softener may be needed. There are two over-the-counter stool softeners that are recommended, (Surfak and Colace).

If you develop extreme redness around the lasered area or a foul discharge or fever, please contact our office at (518) 458-1390.

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