

Discharge Instructions Following Episioplasty for the Management of Vulval Hypoplasia and Recurrent Intertrigo

Surgery was performed today to excise excessive skin folds associated with the vulva and reconstruct the perineum (back side) to allow increased air flow and decrease the occurrence of infections (skin and bladder). Reconstruction of the perineum should allow normal urination and improved air flow to the vulval skin folds and resolution of the skin folds infections at home.

Due to the location of the surgery and incision near the anus and stools and urine, the rate of wound infection is slightly higher than a routine surgery, and should be monitored for closely in the next 10 days. *****Please examine the wounds every day for signs of swelling, redness, opening or discharge, and contact your veterinarian should you be concerned for re-examination. It is better to identify any complications early.***

Please ensure the wounds are clean of faeces/stools, and bathe with warm water or dilute chlorhexidine solution and a soft cloth if required.

Contact your regular veterinarian should you have any concerns at all with the appearance of the wound.

The wound has been closed using sutures which will require removal in 10 days time.

Patients may often be uncomfortable following the surgery performed around the backside and may want to rub or traumatise the wounds by rubbing along the ground. This behaviour should be avoided as this will increase the likelihood of infection and wound complication and opening. Should the area appear to be inflamed, similar to a nappy rash, please use a thin layer of a barrier cream, such as Sudocrem, Nappy Rash Cream or Vaseline, on the wounds and inflamed skin, but please contact your veterinarian first.

Occasional soiling of the kennel or bedding, or frequent desire to posture to toilet may be observed due to irritation of the surgery site and around the backend, but this will decrease in the coming 2 weeks as the wound heals.

Please allow 2 weeks of restricted activity and no off-lead activity to ensure wound healing, prior to returning to normal activity thereafter.

An Elizabethan Collar should be used until re-examination in 10 days time to prevent self-trauma and licking of the wound.

Re-examination

Several routine examinations are advised in the early post-operative period to monitor for any signs of infection or complication.

DAY 5: Wound examination (fentanyl patch removal if required).

DAY 10: Final wound examination (suture removal if required)

WEEK 4: Final assessment

Please fast your pet prior to these appointments in case sedation is required.

Medication

A course of antibiotics and anti-inflammatory medication will be dispensed. Please follow the label instructions carefully and contact your veterinarian should you have any queries. Should there be any gastrointestinal signs (vomiting, diarrhoea) please stop the medication and contact your veterinarian for further advice.

A fentanyl patch may be required in some cases where additional pain-relief is deemed to be necessary. A fentanyl patch may be placed on the skin for pain relief and will be covered by an adhesive bandage. The patch will provide analgesia for 3-5 days. This may be removed after 5 days and disposed of in the household waste. Occasionally side effects may be observed and vary widely between patients, with the main effect being dysphoria (appearing high, overly quiet or over excitable) and loss of appetite. Should you notice any of these signs at home, please remove the patch and dispose of in the general waste. Patients have been known to eat the patches and currently I have not observed any signs of over-dosage, but please avoid this and monitor your patient carefully at home. Should you have any concerns contact your regular veterinarian or an emergency afterhours service if needed.