



Laser surgery of the vulva in an outpatient clinic

You have been given this leaflet as you have been offered laser surgery/treatment to your vulva. This leaflet aims to provide you with information about the procedure and answer any questions you may have.

What is laser treatment?

The vulva is the skin covered area of the female genitalia. It is made up of area surrounding the vaginal and urethral opening, which is the vestibule, labia minora (vaginal lips), clitoris, labia majora (skin area outside vaginal lips) and pubic area. Laser surgery aims to remove the abnormal cells on your vulva. Laser surgery can also be used to treat warts and other skin conditions of the vulva. The laser is a powerful light that burns the skin and helps remove the abnormal area. This light leaves an area on your vulva that is like a burn that needs to heal.

What to expect on the day of treatment

The treatment usually takes between 10-20 minutes, but you should allow approximately 30 minutes for the whole visit. You are welcome to bring a friend, partner or relative with you who may be able to stay with you during the consultation. It is not recommended that they stay with you during the procedure. This is because there are strict safety measures in place when laser treatments take place. If you are extremely anxious and want someone to stay with you at the time of procedure, that may be possible provided they are able to follow safety measures which includes wearing goggles and mask.

You will be asked to undress from the waist down in a private area. You will be given special protective glasses to wear to protect your eyes from the laser beam. The treatment is performed under local anaesthetic, which is given using a fine needle to the area being treated. This can be briefly uncomfortable but will numb the area quickly before the treatment starts.

Aftercare following laser surgery

To avoid infection while the area is healing, you should wash your hands with soap and water, before and after touching your vulva. Avoid swimming and baths until you are able to manage the soreness without painkillers. You may take showers. Wash your vulva gently each day when showering, avoiding any perfumed products that may irritate the skin. Gently pat the area dry with a clean towel or paper napkin.

Do not have sex until the area heals, which may be a few weeks. You will be most comfortable in cotton underwear and loose-fitting clothes after the procedure. You may need to take painkillers such as paracetamol or ibuprofen for pain relief for a few days. Your consultant may prescribe antiseptic cream to be applied twice daily for 10 days.

When to seek medical advice

You should seek medical advice from the hospital or your GP if you have any of the following:

- Offensive smelling discharge.
- If you feel unwell with a fever.
- If your pain is not controlled with over-the-counter pain relief.
- If your vulva is not healing after 4 weeks.

If you have any questions or need any further information, please do not hesitate to talk to one of the doctors or nurses.

Follow up

It is important to attend all follow-up appointments arranged for you after laser treatment. This is needed for long-term surveillance because vulval conditions can recur after treatment.

If you have any concerns or further advice:

If you have any questions or concerns, please call either of the following numbers where staff will be happy to help you or leave a message if you are directed to do so and one of the nurses will phone you back when they are free.

 **0118 322 7181** Emergency Gynaecology Clinic or

 **0118 322 8204** which is the ward number and available 24/7.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Lead Nurse Gynaecology, October 2026

Next review due: October 2028