



# Reconstructive Burn Surgery Aftercare Instructions

## Reconstructive Burn Surgery Aftercare

### General Instruction:

- Dilate 3 times a day for 10-15 minutes each time for the first 3 months to maintain the depth and width of the vagina.
- Administer vaginal douching/sitz baths twice daily and with each dilation to keep the area clean.
- Change dressings over labial incisions daily. Keep the area clean and dry.
- Avoid all vaginal penetration for 8 weeks minimum post-procedure.
- Call us immediately with concerns like foul odor, bleeding not controlled with pressure, fever over 101°F, etc.

## Pain Relief

- In the hospital, you will likely be given pain relievers such as ibuprofen, paracetamol, or morphine, either by drip or by mouth.
- Paracetamol and ibuprofen should also be kept at home in case you run out of your pain relief medication.
- After your surgery, take pain relief medication as instructed by your burn team and follow the dosage information on the label. It's essential to do this for one to two weeks.
- A burn team should be consulted before taking any over-the-counter medications, as they may interfere with pain relief medications or cause bleeding.

## Wound Care

- You must keep your wound clean and free from infection, which helps remove stitches and heal the scar.
- You will need to follow the dressing instructions from your burn team, which may include changing the dressing, applying ointment, or using a particular device to protect the wound.
- You must avoid touching, scratching, or picking at your wound, which may cause irritation, infection, or delayed healing.
- You must watch out for any signs of infection, such as fever, swelling, pain, or pus, and immediately report them to your burn team or GP.

## Skin Care

- Remember to keep your skin hydrated, especially the areas with scars. In this way, you will prevent your skin from becoming too dry, itchy, and cracked.
- You should use sunscreen and protective clothing outdoors since your skin may be more sensitive to the sun.
- You will need to massage your scar gently, as this helps to improve blood circulation, reduce stiffness, and soften the scar tissue.
- If prescribed by your burn team, you will need to wear pressure garments or silicone sheets, as these help flatten and fade the scar over time.

## Activity and Rehabilitation

- As part of regaining your range of motion, strength, and function, you must stay physically active and do the exercises recommended by your burn team and physiotherapist.
- You must avoid activities that may cause your wound to stretch, tear, or bleed, such as contact sports, heavy lifting, or strenuous exercises.
- Once you start feeling better, your burn team and occupational therapist will gradually help you get back to your regular routine. You'll feel more confident independent, and enjoy a better quality of life as a result.
- It can be stressful and challenging to cope with a burn injury and surgery so you may need support from your family, friends, or a counselor.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline:+989030549050

General Inquiries: [Info@iranhealthagency.com](mailto:Info@iranhealthagency.com)

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: [www.iranhealthagency.com](http://www.iranhealthagency.com)

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



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Get in touch:

