Aim
To share our experience with and propose a standardized perioperative care pathway for women undergoing vulvar reconstruction surgery.

Methods
• We performed a retrospective chart review of all women who underwent vulvar reconstructive surgery comprising adhesiolysis from 2020 to 2023 at a single institution with perioperative management following the proposed pathway.
• Postoperative clinic notes were reviewed to confirm absence or presence of adhesions on examination and the general postoperative course.

Conclusions
• The proposed standardized perioperative care of vulvar reconstruction is promising.
• Evidenced by early recognition of postoperative adhesions, successful in-office adhesiolysis, and no patients requiring reoperation.
• Studies with standardized management and larger sample sizes would help establish optimal perioperative management for vulvar reconstruction.

Table 1. Patient demographics and perioperative variables for women undergoing vulvar reconstructive surgery.

<table>
<thead>
<tr>
<th>Patient Demographics</th>
<th>Age, years (median, range)</th>
<th>46, 23-75</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Diagnosis (n, %)</td>
<td>Lichen sclerosus</td>
<td>8 (62%)</td>
</tr>
<tr>
<td>Hypoestrogenic state</td>
<td>2 (15%)</td>
<td></td>
</tr>
<tr>
<td>Trauma</td>
<td>1 (8%)</td>
<td></td>
</tr>
</tbody>
</table>

Surgical Management* (n)
- Vulvar and labial adhesiolysis | 11
- Clitoral unroofing | 6
- Labial reconstruction | 1
- Vestibulitis | 1
- Vaginal adhesiolysis | 1

Postoperative Care
- Number of postoperative visits (mean) | 4
- In office revision (n, %) | 2 (15%)
- Reoperation (n) | 0

*A patient may have undergone more than one of these procedures.

Exclusion criteria: Procedure performed with no perioperative care pathway

Results
• Total of 13 women underwent vulvar reconstruction surgery from 2020 through 2023.
• 2 patients underwent in-office revision for recurrent adhesions within 4 weeks of index surgery.
• No patients had recurrent adhesions at final 8 week postoperative, nor have any patients returned with recurrence.

Reference