

Algorithm finalized: 03.2020

Female patient presents with genital pain and history of/concern for genital sores or lesion

- Differential:
- Vulvar abscess/cellulitis
 - HPV lesions
 - HSV lesions
 - Mycoplasma ulcers
 - Inflicted genital trauma

Is the exam consistent with inflicted genital trauma?

Yes → Off guideline, provide appropriate care

Is the exam consistent with vulvar apthous?

No → Off guideline, provide appropriate care

Consult with GYN

Is this a first time or recurrent ulcer?

First → Test for CMV and EBV +/- HSV and/or Mycoplasma

Recurrent → Further discussion with GYN if any additional testing or oral steroids needed

Does patient meet admission criteria?

- Patient unable to void or
- Pain not controlled with oral medication

Yes → Inpatient Supportive Care

Can pt. void and is pain controlled?

No → Inpatient Supportive Care

Yes → Outpatient Care Instructions: consider Ibuprofen +/- oral narcotics

No → Outpatient Care Instructions: consider Ibuprofen +/- oral narcotics

- Inpatient Supportive Care:
- When possible, admit to 4 West
 - Consult physical therapy for whirlpool therapy (3-5 sitz baths/whirlpool daily)
 - Pretreat with 2% Lidocaine jelly/ ointment prior to voids
 - Emollient (such as Aquaphor, Vaseline) to lesions as needed
 - Isolation not needed
 - Rinse with water, via a pericare bottle, during voids and stooling
 - Consider stool softner
 - If no foley present and unable to void, place foley
 - Administer pain medication, with goal to transition to Ibuprofen or Tylenol. May consider Tramadol prn for supplemental pain control.
 - Consult the WOC (Wound Ostomy Care) Team for wound management and education

- Outpatient Care:
- Sitz baths (swirling of low level of water in bath tub) approximately two times a day
 - Pretreat with 2% Lidocaine jelly/ ointment prior to voids
 - Rinse with water, via a pericare bottle, during voids and stooling
 - Wear loose non-restrictive clothing until area is healed
 - If unable to urinate, attempt urination in bathtub or shower
 - Please call Gynecology Clinic (816.234.3199) to schedule follow up appointment in 1 to 2 weeks