

[Useful contacts](#)

Clinical Nurse Specialist

The CNS at St. Luke's can be contacted
Monday–Friday
Telephone: 01483 571122 ext 2038

[Local/national support groups](#)

VACO – Vulval Awareness Campaign Organisation

Help, support and advice co-ordinated
by patients

- www.vaco.co.uk
- **Telephone:** 0161 7475911

Macmillan Cancer Support

Information and counselling service

- www.macmillan.org.uk
- **FreePhone:** 0808 808 0000
- **Telephone:** 0207 840 7840

The Fountain Centre

St. Luke's Cancer Centre
Level B
Royal Surrey County Hospital

- www.fountaincancersupport.com
- **Telephone:** 01483 406618

The Olive Tree

Sussex Annex
Crawley Hospital

- www.olivetreecancersupport.org.uk
- **Telephone:** 01293 600300 ext 3980

East Surrey Macmillan Cancer Support Centre

Cananda Avenue, Redhill, RH1 5RH
■ **Telephone:** 01737 304176

The Eve Appeal

- www.eveappeal.org.uk
- **Telephone:** 020 7605 0100

[PALS and Advocacy contact details](#)

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Care after Vulva cancer treatment

- Ashford and St Peter's Hospital
- Frimley Park Hospital
- Royal Surrey County Hospital
- Surrey and Sussex Hospital

[Patient information leaflet](#)

This leaflet has been written for women who have completed their treatment for vulval cancer.

What happens after I have completed my treatment?

Now that your treatment has completed for Vulva Cancer, you will commence regular follow up appointments and will continue to be seen by the Surgical and/or Oncology clinics. These regular follow ups are important to attend so that if your cancer does return it is diagnosed early.

Your follow-up

Surgery alone

6 monthly for up to 5 years

Surgery and Radiotherapy +/- Chemotherapy

Follow up will continue for up to 5 years. Initially you will receive a 4 week appointment to check side effects of treatment followed by 3 monthly follow up for a year. You may have an MRI scan and/or CT scan at 3 months. In year 2 the follow ups will be 4 monthly. Year 3-5 follow up will be 6 monthly. Your follow-up will usually alternate between your surgeon and your oncologist.

Follow-up schedules and scan timings may vary according to individual clinical need.

The Gynaecology Oncology Clinical Nurse Specialist (CNS) will continue to be your key worker and contact for help and advice. If necessary she will arrange for you to be seen earlier than your follow up appointment so that if you require any further tests or treatment it can be arranged.

When should I call?

You should phone if you have any symptoms that may indicate that the cancer has returned, or if you have ongoing problems from your treatment that you need help with.

The following are symptoms which may occur following your treatment and require investigations are:

- Pain, itching or soreness on the vulva or around the back passage (anus)
- Bleeding from the vulva or vagina
- Discharge
- Swelling of the legs
- Appearance of swelling or lumps in the groin or in the vulval area

These symptoms may be completely unrelated to your cancer, but they could be signs that it has returned. If symptoms are experienced please contact the Gynaecological Oncology Clinical Nurse Specialist (CNS).

What will happen following my phone call?

One of the following will be suggested

- A clinic appointment for assessment
- A visit to your GP
- Reassurance that nothing further is required

Recovering from cancer

It is very normal to feel anxious after you have completed your treatment. Emotional recovery from cancer does take time and you may find that you have 'up' and 'down' days for a while. Your CNS and GP will be happy to discuss any issues such as:

- Low mood/depression
- Sexual and relationship problems
- Financial concerns
- Any other major concerns related to your diagnosis/treatment.

Remember that you will still get usual coughs and colds, aches and pains. Your GP can always be contacted and he/she will always contact your Cancer Consultant if they are concerned.

Reference source

The Gynae Cancer Network Clinical Guidelines, June 2013