

## Post-Operative Instructions for Labiaplasty

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (775) 284-2020.

**In recovery:** you will have antibiotic ointment and an iced peri-pad with mesh underwear placed. Usually spend about 30 minutes in recovery.

**First night home:** Restrict your general activity to bed rest for the first night, getting up only to use the restroom with help. . Drink plenty of fluids to help rid your body of the anesthetics

**Medication:** Be sure to take your medication as prescribed. Swelling and discomfort increases over the first 3 days and will gradually subside after that. Icing with peri-pads provided or frozen bag of peas will help with this. Apply as needed; if using frozen peas must have barrier between you and bag such as underwear or clean light cloth.

Pain Medication Percocet or Norco): Only to be used as needed for 3 days. Always eat something before taking Narcotic regardless of time to help prevent nausea. Narcotics may cause constipation; you should use over the counter stool softeners while using Narcotics. After 3 days may use Tylenol only.

Anti-nausea medication (Zofran or Phenergan): If you get nauseated with pain medication; take your anti-nausea medication 20 minutes before pain pill.

Antibiotics (Keflex or Clindamycin): You will be instructed on when to start your antibiotics on the day of surgery.

**Diet:** Clear liquids or a soft bland diet for the first couple of meals is recommended. If you are able to tolerate this, you can resume a regular diet. Continue to avoid restricted medications for 2 weeks.

**Hygiene:** No shower for 48 hours. Using a squirt bottle (not spray) wash pubic area after using toilet. Pat dry NO HAIR DRYER. Re-apply antibiotic ointment as needed. Do not submerge incisions under water until completely healed without scabs (approx. 4-6 weeks).

**Position:** When sleeping and resting stay on your back and keep your head elevated to approximately 45 degrees for the first week. While in bed keep legs slightly separated.

**Activity:** Day after your surgery walk around inside every 2 hours while awake (2-5 mins).

First week - Minimal activities for the first 5 days after surgery. Drink plenty of fluids, Practice balanced nutrition and take your vitamins. Avoid tight fitting pants, need area

to breathe.

Second week you can start to do minimal activities with periods of rest. You will be able to return to **non-strenuous** work approximately 1-2 weeks after surgery.

First 3 weeks after surgery, **NO** aerobic exercise/activities that raise your heart rate or blood pressure. Avoid straining with bowel movements and **NO** heavy lifting of 10 lbs. or more for 3-4 weeks. Avoid activity that creates friction such as long walks and bike rides.

**What to expect:** You will be seen for your **First post op visit** at 1 week to check sutures knots.

-Sutures and remaining knots to be removed at 2 weeks post op visit.

-Moderate discomfort, which should be relieved with the pain medications.

-Moderate swelling and bruising around the pubic area.

-There may be some bloody drainage on the dressings.

-Use Peri-wash bottle after using the restroom to keep area clean. Reapply ointment as needed

-No intercourse for a minimum of 6 weeks depending on healing progress.

-Approximately 6-8 weeks post op strenuous activity will be allowed.

**Call the office if you experience:**

-Severe pain not responding to the medications.

-Excess swelling, or obviously more swelling on one side than on the other.

-Significant changes in vision (anything more than mild blurring).

-Incisions that appear to be opening or becoming very red, hot to the touch or containing pus

-Any type of allergic reaction symptom such as rash, itching, etc.

-A fever over 100.4

-Call if you have any questions at **(775) 284-2020**