

### **Labiaplasty Post Operative Instructions**

These are some guidelines to help you during your recovery. They are not meant to be all-inclusive and you should call the office if you have additional questions or concerns.

1. Prior to your surgery it is important not to take aspirin, Motrin, or blood thinning products for 10 days before and after your surgical date (including herbals or supplements) to minimize the chance of bleeding from your procedure.

2. You will need a family member, spouse, or friend to bring you to and from the surgery center.

You will not be able to transport yourself home after your procedure if you have had anesthesia.

3. The surgery generally takes approximately 2 to 2.5 hours to perform.

4. Prescriptions for an antibiotic and pain medication will be given prior to your discharge home. Please take the full course of the antibiotic as directed and pain medication as needed.

5. The first post op visit to the office will take place 7- 10 days after your procedure.

We will provide you a follow up appointment prior to the day of your procedure.

6. Bruising, even significant bruising is common around the vaginal and labial areas.

It is also common for the bruising to settle into areas remote from the labiaplasty.

This typically resolves over 1 - 3 weeks.

7. Swelling is very common after surgery. It usually takes several weeks to fully resolve. DO NOT apply ice, but cool compresses are encouraged. Additional relief is attainable through

the elevation of your pelvis-to facilitate this, you may want to get a wedge pillow. If you have excessive swelling, if one side is much larger than the other, or if you have more pain on one side versus the other, these symptoms could indicate bleeding. Please call the office if any of these occur.

8. You may sponge bathe or shower 24-48 hours after your procedure. When you take your first shower have someone nearby to help in case you feel dizzy. Using tepid/luke warm water and Dove or Ivory soap, gently cleanse your surgical site by allowing the soapy wash to wash over it, and then gently pat the area dry. Avoid hot or very warm water to prevent increased swelling of soft tissues. Apply bacitracin ointment to incision, maxi pad, and undergarment after bathing. We highly encourage wearing supportive panties for 1-2 weeks after your procedure. After the first week you will switch from bacitracin ointment to Aquaphor on the incision lines.

9. It is okay to change your dressings as needed to keep clean and dry. Mini pads work well as inexpensive surgical gauze and they don't interfere with the healing process.

10. Daily activity is encouraged but it should not be strenuous initially. It is important to be up and about to keep blood circulating in your legs. Lifting should be no more than 5 - 10 pounds for several weeks. Driving will be restricted until you no longer need narcotics for pain control and have shown to be physically capable to do so. The average time returning to driving takes approximately 2 weeks.

11. Return to work is variable and depends on the type of job. Approximately 1 - 2 weeks is when a majority of patients can return to either limited restriction or full work duties.



12. Avoid sexual activity for a minimum of 2 - 3 weeks. Sexual intercourse can be painful and may delay healing, increase swelling, bruising, and pain. After your 2<sup>nd</sup> postoperative visit, it will be determined if sexual activity may resume.

13. If you experience high fevers (T. 101), excess drainage from the incision(s), excessive swelling, redness, pain, or foul odor, please contact the office at (859) 279-2111.

Things to have on hand before your labiaplasty:

- \*Extra Strength Tylenol
- \*Form-fitting panties
- \*Thin mini pads
- \*Cool compresses
- \*Dove or Ivory soap
- \*Bacitracin ointment
- \*Aquaphor ointment
- \*Wedge pillow