



POSTOPERATIVE INSTRUCTIONS FOR LABIAPLASTY

Please read these postoperative instructions and follow them carefully. They have been designed specifically for you to help make your recovery easier and to reduce the chance of complications. If you have any questions please do not hesitate to call our office at **(843) 971-2860**.

Prior to your procedure you should purchase Vaseline, Bacitracin, and pads from your local pharmacy.

REMEMBER NOTHING WHATSOEVER TO DRINK AFTER MIDNIGHT OF THE NIGHT BEFORE SURGERY, except for a sip of water to take any medications which we may have prescribed. Please be sure that you have made all of the necessary arrangements for your after-care, assistance and observation which you will require upon arrival at home after surgery.

You will need to have someone transport you home from the surgery facility. Since you will still be somewhat sleepy and weak, be sure that whoever is bringing you home is able to assist in getting you into the house and into bed. You should not be left alone! A responsible adult must be with you for the first 12 to 24 hours after surgery! If you feel that you are unable to find someone to help, our staff can assist in hiring skilled private nurses to work with you for the necessary days. Please be sure that this has been arranged well in advance of surgery.

When you arrive home after surgery, you will probably want to be in or around bed for the remainder of that day. You may need assistance with medications, getting to and from the bathroom, eating and other things that you may want. You should have a bell or other means of indicating to whomever is helping that you need them. They don't necessarily need to be in the same room with you as long as you have a means of calling them easily.

PRIOR TO SURGERY:

1. The clothing that you wear on the day of surgery should be loose-fitting and comfortable.
2. Do not plan to drive yourself to or from the facility on the day of the procedure. You must have a responsible adult that can take you home and stay with you for the first 12 to 24 hours after surgery. Taking a taxi is not an option, since you may still be groggy when you leave. Please let us know if you are having trouble with your transportation arrangements.
3. You must have nothing at all to eat or drink after midnight the night before surgery, except for a sip of water to take any medications which you have been instructed by us to take before coming to surgery.
4. If you develop a "cold" or other illness between the time of your physical examination in the office and your surgery, please let us know!

FOLLOWING SURGERY:

1. You may be out of bed to a chair if you wish as soon after surgery as you feel able. You may walk as much as you want. The day after surgery, you should be up and walking as much as possible to avoid blood clots in your legs.
2. You should apply an ice pack to the labia during the first 48 hours after surgery.
3. Although you may feel hungry on the day of surgery, you should try to eat light, bland foods. Stay away from heavy or spicy foods, and beverages that are carbonated or caffeinated. Suggestions are liquids such as broth, juices, herbal tea, water and jello. This is to try and avoid the nausea and vomiting that is not uncommon early after surgery.
4. Beginning the morning after surgery, you may advance your diet to a full and normal diet as tolerated. Do not consume any alcoholic beverages!
5. **DO NOT TAKE MEDICATION ON AN EMPTY STOMACH.** Medications should be taken with food such as toast, crackers, etc.
6. You will need to observe for such problems as:
 - a. Excessive swelling or bruising especially on one side much more than the other.
 - b. Increasing pain
 - c. Fever, chills or excessive redness
7. You should limit your physical activities. No lifting over 10-12 lbs for 2 weeks. No straining or exercise for 2-4 weeks.
8. No sexual intercourse for six weeks.
9. **DO NOT** wear tight fitting jeans for six weeks after your surgery.
10. Continue to take your antibiotics until they are gone.
11. Apply Bacitracin Ointment to the labial incisions after voiding, for five days.
12. No smoking for two weeks after your procedure.
13. Sutures will begin to dissolve in approximately 2-3 weeks. They may however take up to six weeks for to completely dissolve. If they irritate you, either I or another Doctor can remove them.
14. You may shower on your first postoperative day. Allow the water run over the area. You may use a mild soap (Ivory) after the third day. Reapply the Bacitracin Ointment.