

# LABIAPLASTY

## POST-OPERATIVE INSTRUCTIONS

### **Bathing**

- You may shower 48-72 hours after surgery, unless instructed otherwise by your surgeon. **No baths.**
- Some areas may bleed slightly — this is normal and should subside quickly when dry.

### **Activity**

- No intercourse or use of tampons for 4-6 weeks after surgery.
- Walk every hour while awake to promote adequate circulation to your heart and lungs.
- Do not lift more than 10 lbs (or more than a gallon of milk) and avoid strenuous activity. Your provider will advise when you are able to increase your activity at your post-op appointment.
- Do not swim, use hot tubs, tub bathe, or submerge your wounds in water until fully healed —typically 4-6 weeks.

### **Diet**

- Slowly resume your normal diet as tolerated.
- Pain meds and anesthesia may cause constipation. Be prepared with miralax and colace.
- Incorporate high protein foods into your diet to promote healing.
- Stay hydrated.

### **Wound Care/Dressings**

- You will have mesh panties and a sanitary napkin or ABD pads in place following surgery.
- Chilling the wrapped pads (place in a Ziploc bag) in the refrigerator or freezer may help relieve discomfort.
- Your surgical area may have temporary numbness. Do not use heating pads or cold packs on the surgical area.
- Most stitches are dissolvable and do not require removal. Stitch removal, if needed, will be assessed at your 2-3 week post-op appointment.

### **Medications**

- Take all medications as prescribed by your physician.
- Pain medication will reduce discomfort but may not eliminate pain completely.
- Do not exceed prescribed doses.
- You may take acetaminophen (Tylenol) for mild pain, but do not take it in addition to prescription pain medication unless approved (many prescriptions already contain Tylenol).
- Avoid aspirin and NSAIDs (Advil, Motrin, Ibuprofen) for 72 hours after surgery, as they may increase bleeding risk.

### **Call Promptly If You Experience...**

- Significant swelling or swelling on only one side
- Shortness of breath, calf pain or soreness
- Excessive bleeding (some drainage is normal)
- Fever greater than 100.4°F (38°C)
- Redness or warmth around the incision
- Changes in drainage (thick, yellow, green, bright red), a foul odor, or a sudden increase in drainage
- Severe pain that is not relieved by medication
- If you believe you are having a reaction to a medication