

## Post Operative Instructions

### Procedure: Labiaplasty

1. You **must** spend the first evening following your surgery with an adult.
2. Post operative pain should be moderate. Take the prescribed pain medication as directed. Be sure to take the phenergan with the pain medication in order to minimize post operative nausea.
3. Sleep in the supine position (on your back) for the first week.
4. Keep a pillow under your buttocks to reduce swelling.
5. Rest mostly in bed or in a reclining chair for the first 3 days, walk for 15 min every few hours and to and from the bathroom.
6. No driving for first three days after surgery or until off of narcotic pain medication.
7. If you should have a fever of greater than 101.6, please contact the doctor immediately. **DO NOT USE EMAIL OR TEXT MESSAGING FOR ANY POST OPERATIVE COMMUNICATION. CALL THE OFFICE AT 631-864-4111 AND SOMEBODY WILL GET BACK TO YOU IMMEDIATELY.**
8. You should expect to have a modest amount bleeding from the site of the surgery for the first 24 to 72 hours. Place a thin sanitary pad gently against yourself with firm but not tight underwear. Change it regularly as needed.
9. Use unscented baby wipes for personal hygiene. Carefully pat the area, do not wipe. You may also use a plastic squeezable bottle filled with lukewarm water. You may shower starting on the second day after surgery, no baths until fully healed.
10. Bruising and swelling is expected in the areas operated upon. This should resolve over time. The sutures used are absorbable. The area will appear irregular for several months following the surgery and will smooth out over time. Be patient as full healing takes at least one year.
11. Your first post operative visit will be on \_\_\_\_\_
12. Constipation is normal after surgery. Increase your fluid intake, take frequent walks, and a stool softener such as Colace is recommended.
13. Do not use or apply ice or heat to operative area at any time during your recovery period.
14. No sexual activity, tampons, or strenuous activity for 6 weeks following surgery. If special circumstances arise, please discuss with the office prior to participation.
15. Do not use scar creams or any ointments on the incision lines after surgery as they may cause irritation.
16. If you should have any questions or problems please call the office immediately at **631-864-4111**, and the doctor will return your call as soon as possible. **DO NOT USE EMAIL OR TEXT MESSAGING FOR EMERGENCIES.**