

Labiaplasty Surgery Aftercare Guidelines

| Surgery Date: _____ | <u>First Night</u> Date: | <u>Following Day</u> Date: | <u>3 Days 1st Post op Visit</u> Date: | <u>7 Days 2nd Post op Visit</u> Date: | <u>2 Weeks Post-op</u> Date: | <u>6 Weeks Post-op</u> Date: | <u>8 Weeks Post-op</u> Date: |
|---|-----------------------------|-------------------------------|---|---|---------------------------------|---------------------------------|---------------------------------|
| Sleep in a supine position (flat on your back) | | | | X | | | |
| Keep pillow under buttocks to reduce swelling | | | X | | | | |
| Medications- take as directed | | | | X | | | |
| Diflucan medication is to help prevent or treat yeast infections | | | | X | | | |
| Soft Diet and liquids | | X | | | | | |
| Stool softener/High Fiber foods | | | | X | | | |
| Apply ice on area on and off; place a thin maxi pad before icing | | | X | | | | |
| Surgical Stockings | | X | | | | | |
| Emotional ups & downs | X | X | X | X | X | X | X |
| Driving-(when completely off all medications and can react to an emergency) | | | X | | | | |
| Shower | | | X | | | | |
| It's recommended not to look at the area | | | | | | X | |
| Expect swelling for a few weeks | | | | | | | X |
| Bed rest | | | X | | | | |
| Use baby wipes (unscented); pat the area clean (please do not wipe) | | | | | X | | |
| Mild lower body exercise | | | | | | | X |
| Heavy lifting/upper body exercise | | | | | | | X |
| No strenuous activity, sports, running, dancing, etc. | | | | | | | X |
| No tampons | | | | | | X | |
| No sexual activity | | | | | | X | |
| Alcohol Beverages | | | | | X | | |
| Herbal Supplements/Dietary Supplements | | | | | X | | |
| Ocean, pool, or Jacuzzi water | | | | | | | X |

Labiaplasty Post-Op Care Instructions

1. Sleeping on a supine position (flat on your back) for 1 week.
2. Keep a pillow under buttocks to reduce swelling.
3. 3 days of complete bed rest. Shuffle to and from the restroom when needed.
4. Use baby wipes unscented pat the area clean for personal Hygiene and after using the restroom (please do not wipe).
5. No driving for 3 days post surgery or until off narcotic pain medication completely.
6. Please apply ice on the area for 3 days after your surgery to help minimize your swelling and bruising. Use a thin pad before icing the area, never apply ice directly to the skin, incision site.
7. Please take the medications as directed. Antibiotic medication is for 3 days, pain, and nausea medication is taken as needed. Never on an empty stomach and always space out the medications.
8. Diflucan medication is to help prevent or treat a yeast infection. Sometimes after taking antibiotics patient may get a yeast infection. Please take the diflucan medication if needed.
9. If you develop a rash or think you are having an allergic reaction to the medication please call our office immediately. Sometimes Benadryl will help.
10. Constipation is very common due to the pain medication and anesthesia, please use Colace over the counter or any laxative that has worked with you in the past. You may start taking something to help prevent constipation 2-3 days post surgery.
11. You may start to shower 3 days post surgery. Please note that you will have some dry blood. When you shower, the water may seem tinted. In the shower you may use mild soap; please keep the area clean and dry at all times.

12. No ocean water or pool water for 6 weeks post surgery or until the incisions is fully healed.

13. No tanning or sun exposure to the incision until your incisions has healed completely.

14. Please do not put scar creams or ointments on the incision immediately after surgery, you may irritate the area or cause an allergic reaction.

15. Itching is normal the first few weeks post surgery.

16. You may expect the area to be swollen for a few weeks. This is why it will also take time to see the final results for your surgery.

17. Its recommended that you don't look at the area for the first 6 weeks post surgery; there will be a lot of swelling, areas will look irregular and bumpy. This is all normal in the healing process.

18. No strenuous activity, such as sports, running, dancing, etc for at least 6-8 weeks post surgery.

19. No tampons for 6 weeks.

20. No sexual activity for 6 weeks.

21. If there is redness on the incision line or it feels tender, please call our office.

22. Incision lines and final results may take up to about a year.

23. Please come in for your follow ups and if you are coming from out of town, please send us photos closer to 6-8 weeks post surgery.

24. Please call us with any concerns Mon-Friday 8:30am-5:30 pm at 619- 466-8851.