

Corpus Christi Institute of Cosmetic & Plastic Surgery

POST OPERATIVE INSTRUCTIONS FOR LABIAPLASTY

GENERAL INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest and increase your fluid intake.
- Decreased activity may promote constipation, so you may want to add more ripe fruit to your diet. Prunes and prune juice work well for most.
- Take pain medications as prescribed. Do not take aspirin or any products containing aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs).
- Do not drink alcohol when taking pain medications.
- Refrain from drinking alcohol for three weeks following surgery, even when no longer taking pain medications, as alcohol causes fluid retention.
- If you regularly take vitamins with iron, resume these as tolerated.
- Do not smoke or consume nicotine, as smoking delays healing and increases the risk of complications.

ACTIVITY RESTRICTIONS

- For the first 48 hours you should keep your pelvis elevated as much as possible
- You may use ice packs applied to the operative site to help with swelling. Ensure that you have feeling in the area before placing the ice pack. It is helpful to wrap the ice pack in a towel and place the towel on the operative site
- Walk as soon as possible, as this helps reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking narcotic pain medications.
- No sex or masturbation for 6 weeks, then resume sexual activity as comfort permits.
- No cycling, horseback riding, or yoga for 6 weeks. After 3 weeks you may gradually resume more physical activity as long as you have discussed this with your surgeon.

INCISION CARE

- Initially after surgery you should clean yourself with a peri bottle. This is a squeeze bottle that can be purchased from any drug store and can be used to irrigate the incision. Each time you go to the restroom, gently clean the area with the peri bottle and then pat the area dry. Ensure to get all of the skin folds dry
- You may shower 48 hours after surgery but you should not soak the incision underwater in a bath tub for a full 6 weeks. No lakes, pools, hot tubs, or the ocean during this time
- Keep incisions clean, dry and inspect daily for signs of infection.
- Wear absorbent pads or feminine napkins as needed to absorb any drainage. Do not use tampons for 6 weeks

Initials _____

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- Some oozing and drainage is expected.
- Do not place any ointment on the incision
- You have absorbable stitches (sutures) in place.
- You may apply dermoplast to the incision area.

EXPECTATIONS

- There will be swelling and discoloration for 1-2 weeks, possibly longer.
- There initially may be numbness around the area.
- There will be postoperative pain.

MEDICATIONS

- You may take over the counter medications such as Tylenol and Ibuprofen. Do not take Ibuprofen/Motrin/Aleve until you are three days out from surgery. Ensure to take these medications with food
- If you were prescribed medication for a yeast infection (ie: Diflucan), then take this as prescribed

FOLLOW UP CARE

- Your post-operative appointment will be scheduled before surgery for your convenience.

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have increasing yellowish or greenish drainage from the incisions or notice a foul odor

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