

Labiaplasty

Pre-Operative Instructions for Labiaplasty

Shopping list

Prescriptions

Submitted to your pharmacy. Your pharmacy should contact you when ready to pick up.

Stool Softener (Miralax or Metamucil)

Helps with constipation associated with narcotic pain relievers.

Tylenol

Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS.

No-Slip Socks or Slippers

To prevent accidental falls and aid in safe movement around home.

Water Bottle

This can be used in early post op while urinating to dilute the burning that can be associated.

Night Before and Day of Surgery

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY WILL BE CANCELLED.** If prescribed, take medications with a small sip of water.
- **Set up home recovery area.** This may include pillows, blankets, books, television, and anything else for a comfortable recovery.
- **Shower with Hibiclens the night before and the morning of surgery.** This antibiotic wash will help with infection control following your surgery. We have included a sample in your care package. It can also be purchased at any pharmacy.

Day of Surgery

- **Dress Comfortably:** Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- **Do NOT wear** any makeup, jewelry, cosmetic creams, hair products, deodorant, sunscreen.
- **Please remove ALL piercings**

Post-Operative Instructions for Labiaplasty

Medications

- **Pain:** You will be prescribed a pain medication for post-operative pain control. If your discomfort after surgery is not strong, you are welcome to take Tylenol in place of the prescribed medication. Do NOT combine the prescribed medication with Tylenol. Often the medication that is prescribed to you will have Tylenol in it and combining it with more Tylenol could cause an overdose. **Do not exceed 4,000 mg of Tylenol in any 24-hour period.** Take medications with food to minimize the risk of nausea.
- **Nausea:** A common side effect after general anesthesia and strong medications. If you are experiencing nausea, we advise that you take your nausea medication.
- **Constipation:** It is quite common to experience constipation when taking narcotic pain medications or after having general anesthesia. MiraLax or other over the counter laxatives are recommended. Also beginning a regimen of Metamucil or other fiber supplement is also advisable. Do not wait until you are constipated.
- **Medications to avoid:** You will find a list of medications to avoid in this packet. In general, you should avoid anything that is known to thin the blood (such as aspirin or NSAIDs) or interact with anesthesia. A full and comprehensive list of medications to avoid prior to surgery is included in this packet. In general, these should be stopped 2-6 weeks prior to surgery, but if you have any specific questions, bring these up ahead of surgery with plenty of time to allow you to come off the medication.
- **Additional substances to avoid:** Avoid alcohol, nicotine and caffeine as these will dramatically slow the healing process.

Nutrition

- **Diet:** A light, low fat diet is best after surgery. You may start a regular diet the day after surgery if you are not feeling nauseous or vomiting. Start with liquids for the first few hours after surgery and then slowly advance to more solid foods.
- **Hydration:** Stay hydrated by drinking 8-10 glasses of water a day. Avoid alcohol for 48 hours after surgery and do not combine with pain medications.

Night of Surgery

- **Movement is important:** Make sure to get out of bed and maintain movement (walking around) immediately after your surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Take deep breaths frequently to keep your lungs clear.
- **Sleep:** *Sleeping on your back will be the most comfortable during the recovery process. You can place a pillow between your legs if this adds comfort.*
- **Ice/Cold Compress:** *Ice the area for the first few days to a week following surgery. 20 minutes on and 20 minutes off while you are awake. This will help reduce swelling and discomfort.*
- **Rinse with water while in bathroom:** *The acidity of urine can burn the incision line and cause discomfort. If you rinse with a constant stream of water while in the bathroom, this will dilute the urine and help to minimize the burning.*

Activity

- **Physical Activity:** *Take it easy for the first week after surgery and avoid prolonged periods of sitting in the upright position.*
- **Exercise:** *Normal daily activity may be resumed a few days after. Light exercise may be resumed 2-3 weeks after surgery. Remember to start easy and build back up to your previous exercise levels. At 4-6 weeks or when further instructed by your surgeon, more intense exercise (including straddling activities such as horseback riding) can be started. Just know that swelling may transiently be worse with exercise.*
- **Driving:** *DO NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours. If you feel that you would not be able to react quickly should a child jump in front of your car, you should not be driving. You should not drive until you feel well enough to react and move in these situations. Use good judgement.*
- **Travel:** *Automobile travel can resume immediately, though frequent breaks are needed approximately every two hours to prevent blood pooling and clots. Airline travel is restricted until one week postop. You will notice increased swelling with airline travel which can happen even 6-8 weeks postop due to pressure changes that occur.*
- **Return to work:** *Most patients require approximately 5-7 days off work depending upon their job responsibilities. Returning to work with a light schedule initially or even part-time can be beneficial as well.*
- **Sexual intercourse:** *No vaginal intercourse for 6 weeks following surgery or until cleared by your surgeon. Sexual activity should only be resumed once you feel ready with no restrictions and incisions have adequately healed.*
- **Menstrual Cycle:** *No tampons should be used for six weeks. Wear a pad if your menstrual cycle begins.*
- **Showering:** *You may shower with assistance the day following your surgery. You may wash with soap and water over your incisions. Pat dry and replace antibiotic ointment to suture line.*

- **Swimming:** *Do not submerge in a bathtub, swimming pool or other body of water for 3 weeks following your surgery. You may go up to your waist and it is fine to be splashed by water to cool down in the summer heat, but until your incisions have fully healed and sealed, you should not spend time fully submerged under water. Public pools, rivers and lakes should be avoided for at least 6 weeks following surgery.*
- **Clothing:** *Wear loose, breathable clothing and undergarments to help avoid irritation. Friction from tight clothing will further irritate the area.*

How to Take Care of Your Incisions

- **Incisions:** *Your dressing will consist of antibiotic ointment to the incision line, and panty liner in your underwear. Change the pantyliner as needed.*
- **Stitches:** *All stitches are dissolvable.*
- **Ointment application:** *Apply bacitracin ointment to the incision line once a day, preferably after showering. Over application of ointment may lead to the sutures dissolving prematurely. If you have no major discomfort, you may forgo ointment application.*

What to Expect

- **Bruising:** *You can expect to have bruising on the affected and surrounding area. Most bruises will heal after about 2-4 weeks. The bruise will go from a purplish color to a yellow/green shade as it starts to resolve.*
- **Swelling:** *Swelling is to be expected with labiaplasty for weeks and sometimes months. This is an area which can have excessive swelling which is normal. The swelling can improve with intermittent rest and ice. Exercise and physical activity can transiently worsen swelling but is encouraged.*
- **Itching:** *Itching at the incision sites is normal for a few days. You may take Benadryl to help with this.*
- **Pain:** *It is normal to experience sensitivity, stinging during urination, discomfort, soreness and fatigue for several days to weeks following surgery as your body recovers.*
- **Sensory changes in your skin:** *You may notice reduced or heightened sensation in the vaginal area which is normal. You can expect a return to normal sensation after a few weeks to months.*
- **Final Results:** *It may take about 3-6 months to see final results.*

Do Nots

- **Do NOT apply hydrogen peroxide to incision sites:** Keep post op dressings in place until follow-up.
- **Do NOT soak in bathtubs, jacuzzies or hot tubs** until incisions have fully healed.
- **Do NOT take aspirin, Ibuprofen, Naproxen, or other blood thinners** until your surgeon advises you that it is safe.
- **Do NOT apply heating pads to the treated areas** unless otherwise instructed by your surgeon.

Emergency Situations

When to call the office or go to the emergency room

- **Signs of infection:** Spreading redness, worsening swelling, increased drainage, or drainage of pus, worsening pain, warmth at the incision site and temperature above 101.5°F
- **Excessive bleeding:** If the dressings are saturated with bright red blood and you are having to make frequent dressing changes.
- **Other emergency situations:** Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling of your legs.