



Labiaplasty Instructions

BEFORE YOUR SURGERY:

Suggestions:

- Arrange for 5-7 days off work. Recovery is variable, depending on your individual response to surgery, but some time to heal is mandatory.
- Try to complete all non-essential personal duties and responsibilities before your surgery. Your recovery will be far less stressful if you can get all of life's little tasks out of the way beforehand.
- Have someone available to help with things around the house (kids, meals, shopping, etc.) for several days after surgery.
- Wear loose-fitting clothing and cotton underwear.
- Obtain panty liners or maxi pads to wear after the procedure.
- Obtain a large package of 4"x4" gauze, for use after surgery
- Obtain a Peri-Care bottle from the pharmacy prior to your procedure to help with cleansing after your procedure.

Mandatory:

- Stop intake of all Aspirin and Aspirin-related products (anti-inflammatory like Motrin, Advil, Naprosyn, etc.) two weeks before surgery, as these products will increase bleeding and bruising during surgery
- Stop smoking or nicotine-containing products (Nicorette, nicotine patch) 4 weeks before surgery. If you are unable to quit 2 weeks before surgery, please notify my office as soon as possible.
- If your surgery is scheduled in the hospital under general anesthesia, consume no food, drink or even water after midnight the night before surgery. A full stomach on the morning of surgery will necessitate cancellation of the procedure.
- Discuss any medications, or changes in medications by contacting the office.
- Have someone available to bring you home after surgery (usually later in the afternoon).
- Have someone available to stay with you the night after surgery.
- Remove all body jewelry possible, prior to surgery, if you're surgery is scheduled in the hospital.
- Do not use body creams or lotions for 24 hours prior to surgery.
- Do not wear a ponytail or hair pins/clips before/to your surgery.
- Avoid eyelash extensions before surgery as these may be disturbed during administration of anesthesia, if scheduled in the hospital under general anesthesia.



AFTER YOUR SURGERY:

Immediately After Your Surgery:

- No heavy lifting (more than 10 pounds)
- No sexual activity for 4 weeks after your surgery
- Apply cold compresses or ice packs to the area every 1-2 hours for the first 48 hours, while awake, and then as needed.
- The day after your procedure you may bathe with Epsom salts, 1-2 times per day
- You may eat a regular diet
- No driving until discussed with me
- Take all medications as prescribed:
 - Usually Dilaudid, Tylenol #3 or Percocet, 1 or 2 tablets every 3 to 4 hours **as needed** for pain. This may be supplemented by over the counter anti-inflammatories, such as Motrin, Ibuprofen, Advil or Tylenol.
 - Note that the pain medicine may make you nauseous or constipated.
 - Avoid straining with bowel movements; you may use over-the-counter stool softeners, such as Colace, if constipated.
- Antibiotics, *if* prescribed. This is not as needed, but mandatory.
- Call my office to arrange a follow-up appointment for about one week after your surgery

Things to Watch Out For:

- A rapid increase in pain, swelling and firmness, with severe bruising
- Heavy bleeding / soaking pad
- High fevers above 38.5 C or 101.5 F
- **The presence of these above mentioned conditions warrants a call to your surgeon**

Normal Post-Surgical Reactions:

- Pain, bruising, and moderate swelling are normal and expected after surgery
- Low grade temperature is often seen early after surgery
- Mild differences in size and shape are common and normal in the early recovery period



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Late Post-Operative Period:

- No heavy lifting (more than 10 lbs), weight training, vigorous exercise such as aerobics, jogging or swimming, for 4-6 weeks after surgery
 - Driving is allowed once you are off narcotic pain medication, **and** can move comfortably enough to react to any driving situation appropriately; check with me if you are unsure
 - You may shower the next day and gently wash directly over the area with mild unscented soap
 - Your stitches are usually dissolvable, if they're not they will be removed approximately two weeks after surgery. Creams and lotions over the scars are not to be used unless otherwise directed
 - Normal activities may be resumed as tolerated by 4-6 weeks after surgery
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- **If any of the above information is unclear, or any other questions arise, please do not hesitate to contact our office, during business hours, Monday to Friday – 08:30am-4:30pm**
 - **After hours and weekends: call my office, where you will be directed to call an emergency contact number, which is either Dr. Silverman's cell phone – 613-355-9007, or Dr. Boyd's cell phone – 613-297-2974.**
 - **Additionally you can contact us by email directly to askdrsilverman@ottawaplasticsurgery.com or askdrboyd@ottawaplasticsurgery.com, though we cannot guarantee an emergent response via email.**
 - **If you are unable to reach us and have a medical emergency, please go to the nearest emergency room.**
 - **Please notify our office if any unexpected hospital admission was encountered within 10 days of procedure.**