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LABIAPLASTY AFTER-CARE INSTRUCTIONS

INTRO:

Congratulations on your decision to get labiaplasty. These after-care instructions, along with our office staff, will help guide you through your recovery process. It is crucial that you and your caretakers **read through these instructions both *BEFORE AND AFTER SURGERY***.

HAVE CARETAKER WITH YOU:

- Following surgery, have an adult caretaker stay with you for the first 24-48 hours. You will be drowsy from the anesthesia and will not be able to drive for at least 24 hours.

WALKING:

- It is imperative to get out of bed early, and often (with assistance) following surgery to prevent postoperative problems such as blood clots. A reasonable goal would be to go for a 15-minute walk 5-6 per day or to get up every hour to walk to the restroom. This will help reduce the risk of blood clots developing by encouraging blood flow throughout your legs.
- If you are sitting or lying down, move your ankles up and down and in a circular motion a couple times each hour to help increase blood flow.
- If you have shortness of breath, leg swelling, and/or leg pain at any point in your postoperative healing, go to an emergency department immediately (or call 911). This could possibly be a blood clot.

COMPRESSION STOCKINGS:

- Please leave the compression stockings on for 5 days, 24 hours a day, after surgery. They may be removed for showering, but then must be put back on. You can also purchase additional compression socks (from Amazon or Target) if the ones from surgery get soiled.

PAIN AND PAIN MEDICATION:

- Take pain medication with food.
- Vicodin (Hydrocodone + Acetaminophen) or Percocet (Oxycodone + Acetaminophen) should be taken as directed:
 - Mild to moderate pain: 1 tablet every 4-6 hours
 - Severe pain: 2 tablets every 4-6 hours
- If your pain is mild, you may take Tylenol (Acetaminophen) 1000 mg every 8 hours (which is 2 tablets of the Extra Strength Tylenol purchased over the counter).
- Take a stool softener like Colace which taking pain medication to prevent constipation.
- DO NOT DRIVE WHILE TAKING PAIN MEDICATION.
- DO NOT DRINK ALCOHOL WHILE TAKING PAIN MEDICATIONS.
- Take pain medication only if needed. The quicker you can wean off the pain medications, the better you will feel and heal.

DO NOT SMOKE:

- This is very important because smoking (tobacco, marijuana, or vapes) can result in a lack of blood supply to the tissues and fat causing the tissue to die or delayed healing.
- Smoking can resume 4 weeks after surgery as long as there are no other complications present.

SUPPLEMENTS:

- Do not take aspirin (or products containing aspirin) for 10 days after surgery
- Do not take herbal supplements (vitamin E, fish oil, hormone replacements) for 10 days after surgery.
- Phentermine or appetite suppressants should not be taken until 6 weeks after surgery since they increase heart rate and blood pressure which could interfere with your recovery.

POSITIONING:

- Avoid sitting for prolonged periods of time to help alleviate pressure on the surgical site. It is best to lie down for the first three days so pressure is not directly on your labia.
- Allow the surgical area to “breathe” with loose clothing such as maxi dresses or skirts.

LUNG EXERCISES:

- You will be given a spirometer to help increase volume in your lungs. This is to prevent atelectasis, or collapsed lungs, which can be a result of anesthesia and the physical stress your body is going through. It is best to take 10 breaths per hour with the spirometer for the first 72 hours.
- Remaining hydrated (64 oz of water per day) and regular walks will also help prevent these occurrences.

DIET:

- A light diet is best after surgery. Start with liquids and progress to soft foods like soups and Jell-O. You may return to a regular diet the next day.
- Stay on a soft diet with high protein for 2-3 days. Avoid spicy foods, sugar free sweeteners and carbonated drinks to reduce gas, bloating and nausea.

ACTIVITIES:

- Most patients will experience minor discomfort following labiaplasty and should be able to resume sedentary work activities within a few days, light exercise within a week, and no restrictions within 2 weeks.
- However, some patients do experience moderate to severe swelling that can cause discomfort and they may want to limit their activities until they feel comfortable and gradually progress to their normal routine.
- Bruising and swelling of the labia (both minora and majora) are normal. Ice packs help decrease the swelling.
- Depending on the patient, you may resume sexual activity 6 -12 weeks after surgery.
- Refrain from raising blood pressure for 10 days after surgery to prevent bleeding.
 - No hot baths, showers, spas for the first three weeks.
 - You may begin swimming and exercising after 4 weeks if healing is complete.

GROOMING:

- The first 24 hours, apply ice packs every 4 hours while awake. The ice packs can be placed over maxi pad (DO NOT apply directly to the skin), or wrapped in a towel. This will help reduce swelling and bruising.
- Antibiotic ointment such as Neosporin or Bacitracin should be applied twice a day and after using the restroom.

- You can use a spray bottle filled with warm water to spray after peeing, then pat dry, apply ointment, and change maxi pad.
- You may take a shower 48 hours after surgery using a mild, fragrance-free soap. Carefully, with a warm wash cloth, pat clean stitches and rinse with warm water.

SUTURES:

- The sutures will dissolve over the next 7 days, and it is important not to tug on the them.
- You can also carefully trim the sutures if they start to hang lower or push out while healing.
- If they become uncomfortable after the 7 days, you may come in to have them removed.

EXPECTATIONS:

- Swelling and bruising are a normal part of the healing process. It should subside over two weeks.
- There may be itching as the skin is healing, as well as, bloody drainage for a couple weeks.
- The skin of the labia might be partially numb for several months, and you may have a sharp, raw, or burning sensation as the nerves regenerate. This will diminish over the next 6 months.
- It is expected to have asymmetry as the labia healing since swelling on either side might not be the same.

FOLLOW-UP APPOINTMENTS:

- Every patient heals at different rates, but you will be seen several times for post-op appointments. Typically, they are scheduled for day one, 1 week, 2-3 weeks, 6 weeks, 3 months, and 6 months.
- These appointments are to check your healing progress.
- Please call to schedule your appointments. The Beverly Hills office phone number is (310) 273-1001 and the Santa Barbara office phone number is (805) 898-9299.

QUESTIONS & CONCERNS:

- If you have questions or concerns regarding your procedure, please email assistant@drbrent.com or email Dr. Brent Moelleken at drbrent@drbrent.com
- Please call the office at (310) 273-1001 if you have increased pain at surgical incision sites, redness, sudden swelling, warmth, pus, drainage, or a fever greater than 101.5°F.
- Please visit an emergency room or call 911 if you have shortness of breath or leg swelling with pain to rule out a pulmonary embolism or blood clot which could be deadly if left untreated.

HELPFUL ITEMS TO PURCHASE BEFORE SURGERY:

- ___ Stool Softener (i.e. Colace)
- ___ Surgical pads or large maxi pads (these will absorb any fluid from incisions)
- ___ Compression stockings (an extra pair in addition to the ones we provide)
- ___ Maxi dress or long skirt (nothing tight on vaginal area)
- ___ Thermometer (monitor temperature after surgery and make sure it stays below 101.5°F)
- ___ Neosporin or Bacitracin (apply daily, or after restroom, to incisions)

ADDITIONAL POST-OP NOTES:
