

Labiaplasty Instructions

You will need to purchase the following items prior to surgery as well as fill all prescribed medications given during your pre-operative visit. Please bring these with you to your procedure.

ITEMS NEEDED:

- Bacitracin Ointment (no Neosporin)
- Saline Body Wash or Saline Spray (no contact cleaning solution-must be saline only without additives)
- Non-Stick Pads or Feminine Napkins
- Colace Stool Softener (OTC)
- Tylenol/Acetaminophen (OTC)

AFTER YOUR PROCEDURE

- Stay in the company of a responsible adult the first 24 hours.
- You may shower 72 hours after your surgery and every day after.
- Rest at home for a few days following surgery with legs elevated when sitting or lying.
- Short walks are permitted and encouraged, after your procedure.
- Flying is permitted after 1-3 days.
- If you are unsure, please ask Dr. Parikh before assuming an activity is resumed.

SEXUAL ACTIVITY

- Generally, you may resume sexual activity 6 to 12 weeks after surgery. This is totally patient-dependent. We will let you know when you are sufficiently healed.
- The skin of the labia may be partially numb for several months while the wounds are healing.

Too Much Activity in the Immediate Post-Operative Period Will Result in Excessive Swelling and Possible Bleeding.

CLEANING

- Please use saline wash each time after using the restroom. Do not use tissue or toilet paper to wipe for 2 weeks.
- Your sutures are dissolvable and may cause itching while healing.
- The Telfa surgical dressings can be removed anytime they are saturated and then replaced with a sanitary napkin or maxi pad.
- There may be bloody or blood-tinged drainage for a minimum of 1-2 weeks following your procedure. You may need to line your underwear with pads.

- Antibiotic ointment (Bacitracin) should be applied to the incisions twice a day for 14 days and/or after using the restroom. Please apply a thin coating. Please do not substitute with Neosporin as this may cause irritation and redness to skin.

MEDICATIONS

- The antibiotic should be taken until it is completed as prescribed.
- Fluids are especially encouraged while taking pain medications and help with healing after the surgery.
- The pain medicine is a narcotic and should be taken as prescribed, every 4-6 hours, as necessary. Do not exceed more than 8 per day. Do not exceed more than 4000mg of Tylenol/Acetaminophen in 24 hours.
- Do not drink alcohol, drive, or operate machinery while you are taking the pain medication.
- The pain medicine can cause nausea and should be taken with food at each dose.
- They can also be constipating. Using a stool softener (Colace) and a fiber laxative can reduce constipation associated with these medications.
- If you do not wish to take the narcotic pain medication you may take just OTC Tylenol/Acetaminophen.

BRUISING

- You can expect to have a lot of swelling and bruising for up to 6 weeks
- Swelling and bruising are normal part of the recovery process for the labia and/or clitoral hood and will begin to subside one or two weeks after surgery. It is expected that your clothes will be tight for the first week or two after surgery. Intermittent swelling may persist for several months.

Do NOT's

- Do NOT apply icepacks or a heating pad directly to the skin and/or directly to the labia. You may put ice up above your Clitoris on the Mon's area to help with pain and swelling.
- Do NOT apply hydrogen peroxide or plastic Band-Aids to incision sites.
- Do NOT soak in a bath, Jacuzzi, swimming pool, lake, pond or the ocean until Dr Parikh says it is okay to do so.
- Do NOT shower in water temperatures too hot or cold. Try to keep a lukewarm temperature. Keep your time in the shower to a minimum as your body continues to adjust.

PLEASE CALL THE OFFICE IF YOU EXPERIENCE:

- A temperature greater than 101 degrees.
- A sudden increase in drainage, pain, or swelling at the incision site or the surrounding area.
- If you have persistent vomiting, have a pharmacy number so a script can be called in.
- Any questions regarding your care.

You may contact Dr. Parikh directly if you experience an urgent question or concern after hours.

IF YOU HAVE A LIFE-THREATENING EMERGENCY CALL 911 AND/OR GO TO THE NEAREST HOSPITAL