



POSTOPERATIVE INSTRUCTIONS

Labiaplasty

Our goal is to ensure your safety, help you have the best possible outcome and help you feel comfortable during your recovery. Please follow these instructions on how to take care of yourself following your procedure.

GOING HOME:

- After your surgery, your surgeon will check on you before you are discharged and the nursing staff will ensure you are ready to go home. Please arrange to have someone drive you home the day of your surgery. To ensure your safety, you are required to have a responsible adult stay with you for the first 24 hours after your surgery.

IMMEDIATELY AFTER SURGERY:

- After surgery, it is important for you to rest. Please remain as flat as possible for the first 24 hours after your surgery. Your goal is to keep your pelvis elevated in order to reduce swelling.
- It is equally important that you move your body to ensure you do not get blood clots. In the days that follow, go for frequent short walks around the house to keep your body moving. Your aim should be to be up walking every waking hour of the day.
- Ice packs should be applied every 4-6 hours for the first 24 hours while awake. You may wrap the icepack in a thin towel; please ensure the icepack is never applied directly to the skin. Use of ice packs will reduce the amount of postoperative swelling and discomfort.
- It is normal to have swelling and bruising of the labia. This will resolve over the next two weeks.
- You may experience nausea from the anesthesia following your surgery. You may wish to start with clear fluids and slowly proceed to a soft diet when you are able to do so.
- It is also very important that you stay hydrated, so please ensure you drink plenty of liquids (non-alcoholic).

DRESSINGS:

- The surgical dressings can be removed anytime they are saturated and then replaced with a sanitary napkin/pad.
- There will be bloody or blood-tinged drainage for approximately 1-2 weeks following your surgery.
- Your stitches are all self-dissolving and will not need to be removed. If you see/feel knots or sutures, rest assured they will dissolve on their own within 6 weeks. They should be left alone in order to dissolve properly.
- A thin layer of antibiotic ointment (Polysporin) should be applied to the incisions twice a day for 14 days.

PAIN & MEDICATION:

- It is normal to have pain and discomfort following your procedure. Please take following medication as directed:

<input type="checkbox"/>	Tylenol
<input type="checkbox"/>	Ibuprofen
<input type="checkbox"/>	Other: _____

<input type="checkbox"/>	Prescription Medication: <u>Celebrex (Celecoxib)</u>
<input type="checkbox"/>	Prescription Medication: <u>Morphine</u>
<input type="checkbox"/>	Prescription Medication: <u>Antibiotic</u>

- Please take Tylenol and Celebrex (Celecoxib) as directed after your surgery. Do not wait until you are uncomfortable before taking your next dose. Maintain baseline comfort with these medications for the first few days after your surgery. If you require additional relief after taking Tylenol and Celebrex, you may take morphine or another prescribed pain medication as directed.

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- If you have been provided with a prescription for antibiotics, please ensure you take the medication as directed.
- If you have worsening pain not controlled by your medication, please contact our office for instructions.

ACTIVITIES:

- Most patients will experience relatively minor discomfort after a labiaplasty. However, some patients may experience moderate to severe swelling which can be uncomfortable. Icing the area as described above will be helpful to ease the discomfort.
- Depending on your level of discomfort and swelling, you may resume sedentary activities within a few days. You may resume light exercise within a week and have no restrictions after 2 weeks (following your postoperative visit).
- As a general rule, please wait a minimum of 6 weeks after surgery before resuming sexual activity. This is totally patient dependent. Some patients may need to wait up to 12 weeks before you are comfortable.
- Please do not swim in lakes, pools or use hot tubs for at least 3 weeks following surgery.
- It generally takes up to 6-8 weeks to feel normal again and resume regular activities. Please ask your surgeon if you have any questions about activity level during the healing process.

WORK:

- You will likely be ready to return to work within 1-6 weeks depending on your occupation and type of physical exertion required. If you require a medical note for your employer, please contact your Patient Care Coordinator and they will be happy to help you.

DRIVING:

- You must be pain free and off all pain medication before driving. You may wish to take a licensed adult with you for your first short trip.

THE RESULT:

- Your labia will reach a peak of swelling after 3 days and will settle over the next 3 months as the incisions heal and the swelling resolves. The skin of the labia may be partially numb for several months while the wounds are healing, but this should resolve within 6 months after surgery.

If you have any of the following, call our office (during business hours), your family doctor or present to the Emergency Department:

Signs of Infection:

- Pus-like drainage from the incision, grey or green.
- Redness that spreads beyond the incision.
- New pain, getting worse after 3 or 4 days.
- Fever, chills, sweats, aches and pains (flu-like symptoms).

Signs of Blood Collection:

- Rapid swelling, pain and firmness.

Questions not addressed by this handout

Special Instructions: _____

POSTOPERATIVE CALL:

- The nurse assigned to your care may call you the day after your surgery to check in. Please let her know of any questions or concerns.

FOR AFTER-HOURS EMERGENCIES:

- Call the Queensway Carleton Hospital at 613-721-2000 and the Plastic Surgeon on-call will be paged.

FOLLOW UP APPOINTMENT:

- Your Patient Care Coordinator will call you to confirm your appointment. Please call us at 613-232-7777 if you have any questions or concerns.

YOUR APPOINTMENT HAS BEEN SCHEDULED FOR: _____