



## POST-OPERATIVE INSTRUCTIONS FOR LABIAPLASTY

Following the post-op instructions and restrictions will allow you to have the best results possible.

- **IN RECOVERY:** BLT numbing cream will have been applied to your incisions and an ice pack/pad will have been placed following your surgery. A Pudendal Block will have been performed by Dr McCain and will numb your perineum for 12-16 hours.
- **FIRST NIGHT HOME:** Restrict your general activity to bed rest the first night. You may get up to use the restroom as needed. Sleep on your back with your head elevated for the first several weeks. Drink plenty of fluids to help rid your body of the anesthetics. Some bleeding from the edges of the labiaplasty is normal. Some swelling and bruising can occur. Continue the Arnika and Bromelin Supplement to reduce swelling and bruising.
- **FOLLOW-UP APPOINTMENTS:**
  - 1 day post-op:** You will have a post-op appt the day after your procedure to answer any immediate concerns and questions.
  - 2 weeks post-op:** At your 2-week appointment, BLT numbing cream will be applied for 25-30 minutes for numbing and the external sutures will be removed to prevent scarring on the edges of your labiaplasty. Seeing little threads or sutures is normal. Some deep sutures may work their way to the surface. This is normal.
  - 6 weeks post-op:** Most of the sutures should be dissolved
  - 3 months post-op:** Healing should be completed; however, your body will continue to re-mold for 6 months.
- **ICE PACK:** Place an ice pack to your perineum for 20 minutes on/20 minutes off while you are awake for the first 48-72 hours then as needed. Never put ice directly onto your vagina. You can wet a Maxipad and put it into the freezer or use the ice packs you have been provided. Use the mesh underwear to hold the ice pack in place.
- **MEDICATIONS:** Be sure to take your medications as prescribed. Take your pain medication every 4-6 hours for the first 2 days, then you can wean yourself. You may take Ibuprofen every 8 hours as well to reduce your need for the stronger pain medication. Do not be afraid to use pain medications, you will not get addicted if used as prescribed. **Apply the BLT cream every 8 hours.** If the BLT cream causes irritation be sure to wash it off after an hour. You can apply the 5% Lidocaine cream in between the BLT cream applications. Once you do not need the numbing creams, you can apply the antibiotic ointment several times a day. Use the **Dermaplast Spray** as needed between the numbing cream applications.
- **SHOWER:** You may shower the day after your procedure. No well water. Gently wash the vaginal area with the Hibiclens provided. You may begin sitz baths after 2 weeks, 2 times a day for 10 minutes. You can use the squirt bottle provided with a few drops of Hibiclens to rinse in the shower. Blot dry or dry with a hair dryer on low. **DO NOT RUB.**
- **BOWEL MOVEMENTS:** With the nerve block and pain medications it may take 2-4 days for a normal bowel movement to occur. Continue the Dulcolax Chews for the week following your procedure. Drink at least 5-6 glasses of water a day and increase fiber intake.
- **ACTIVITY:** The day after your procedure walk inside every 2 hours while awake. (2-5 minutes).

**First week:** Minimal activities for the first 5 days after surgery. Avoid tight fitting pants.

**Second week:** You can start to increase your activities with periods of rest. You will be able to return to non-strenuous work 1-2 weeks after surgery.

**Third week:** No aerobic exercise to raise your heart rate or blood pressure. Avoid straining with bowel movements, no lifting more than 10 pounds for 4 weeks. Avoid activity that creates friction such as long walks, bike rides or horseback riding.

- No swimming for 6 weeks.
- No intercourse for 8 weeks
- **WHAT TO EXPECT:**
  - The skin of the labia may be feel numb or be very sensitive, this is temporary and will resolve.
  - Swelling and bruising are normal. This usually resolves by 2 weeks. The swelling is usually the greatest around day 3-4 post-op.
  - It is normal to have an itching sensation. Oral Benadryl can help.
  - Asymmetry to the labia is also to be expected in the immediate healing period since one labia may be more swollen than the other. This will resolve. Also remember your labia are sisters not twins!
  - It takes 6 months for the final results to appear. Be patient and try not focus on these issues before the 6 month period.
- **WHEN TO CALL THE OFFICE:**
  - Whenever you are unsure of what is going on.
  - Temperature of 100.5 or greater that persists
  - Increasing pain that does not go away with pain medication
  - Signs of infection: incisions that are very red, hot to the touch or containing pus.
  - Excessive bleeding
  - Excessive swelling, or obviously more swelling on one side than on the other

**CALL THE OFFICE AT 325.690.0620 DURING REGULAR OFFICE HOURS WITH ANY QUESTIONS OR CONCERNS. PROCEED TO THE NEAREST URGENT CARE FACILITY AFTER HOURS IF YOU FEEL THAT YOU NEED TO BE SEEN.**