



## **Labiaplasty Instructions**

Take the time to review these instructions prior to your operation. Please ask any questions you may have.

### **Before Your Surgery:**

1. Please fill the medication prescribed to you prior to the day of your operation.
2. If your commute is greater than one hour, please plan in advance to stay the night in Lexington.
3. Arrange to take at least 3-5 days off of work. Please keep in mind that time off work varies per individual.
4. Do not make any unnecessary travel plans for 2 weeks following your procedure.
5. It is very important to arrange care for the first few days following your procedure. You will be on bed rest, except to use the rest room. If you have young children or pets, please take the time and effort to arrange for someone to care for you and children and/or pets. While on bed rest, cooking, cleaning, errands and other “chores” are prohibited.

### **Night Before/Day of Surgery:**

1. Wear comfortable clothes such as loose fitting shorts or sweat pants. Avoid tight clothing such as leggings.

### **Medications for Your Surgery:**

1. Home medications
  - ☐ Continue taking:
  - ☐ Stop taking \_\_\_ weeks prior:
2. Please avoid taking aspirin, vitamin E, red wine and NSAIDS (ibuprofen, Motrin, Advil) two weeks prior and two weeks after your operation. These medications inhibit your body's ability to stop bleeding easily.
3. It is okay to take Tylenol instead. Please keep in mind that the maximum amount of Tylenol that is safe to take in a 24 hour period is less than 4 grams.
4. You may purchase Arnica tablets to use for postoperative swelling and bruising.

### **After Your Surgery:**

1. Your incisions are closed with absorbable suture. Please do not trim or remove any sutures. Any suture removal will be handled at office visits by the appropriate staff.
2. You can expect moderate bloody discharge for the first few days similar to a moderate flow period. You may use unscented maxi-pads until the drainage stops.
3. You will apply a thin coat of antibiotic ointment, such as Bacitracin, twice a day on your incisions for the first 5 days. Aquaphor may be used after that.
4. Absolutely no sex, tampons, or other forms of penetration for 6 weeks.
5. Please do not take hot showers, as that will increase swelling. No bathing or submerging in water until cleared by Dr. Gerstle.
6. Sleep on your back for the first few days. You may place a pillow underneath your bottom.
7. To increase comfort and decrease swelling, when sitting upright like when driving or working, use a donut pillow to rest on.
8. While preparing for surgery and during your healing, it is important to maintain a healthy diet full of fruit, vegetables and lean meats. Processed or fast foods are not advised and will increase swelling. Please drink plenty of fluids, consume low salt and high protein.
9. At 2 weeks, light exercise such as walking can begin. It will be 4 weeks before heavy exercise such as weight lifting and intense cardio can be reimplemented.
10. Bruising and swelling is very common following a labiaplasty and can last for a couple of weeks.
11. The final result of your surgery will be judged at 6 months.

### **Follow-up Appointments**

1. We will see you for a postoperative appointment the day after your surgery.
2. You will have weekly appointments as you heal for 2 weeks.