

# LABIAPLASTY

## Post-Surgical Guide

### SURGICAL SITES

- Moderate bruising and swelling is normal at the sites around the vaginal and labial areas and usually resolves in 1-3 weeks
- Moderate discomfort is normal and may last 1-2 weeks



### EMERGENCIES

\*\* After hours, call Medlink Paging Service at (512) 323-5465

- Any signs of infection, call Doctor IMMEDIATELY
  - Temperature greater than 101.00 degrees
  - Significant swelling, swelling more significant on one side versus the other
  - Tender, red, swollen, warm areas, pus, yellow or green drainage
  - Swollen/painful or darkened/blackened skin
- ABSOLUTELY NO ICE or HEATING pads to surgical site.

### SHOWER

- Shower daily with mild soap like Dove starting 24-48 hours after procedure.
- Do not overclean surgical area, no tub soaking
- Use maxi pads to absorb any drainage and place dry clean dressings over incisions to wick moisture and prevent irritation
- Use a very soft washcloth, do not rub the area, pat area dry

### ACTIVITY

- Avoid strenuous activity for the first week after surgery
- Avoid sexual intercourse for six weeks after surgery
- Daily activity, like walking, is encouraged to increase circulation

### MEDICATIONS

- Take two Aleve in the morning and two in the evening
- For additional pain control, take prescribed narcotic pain tablets every 4-6 hours as needed.
  - Prevent constipation by taking one dose of Miralax daily until function returns to normal.

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