

PURE PLASTIC SURGERY

Labiaplasty Post-Operative Instructions

Immediately After Surgery

1. Your first post-operative appointment will be with our staff the day after your surgery.
2. The following visit will be scheduled with a surgeon.
3. You must be taken home by a responsible adult over the age of 18 years-old. This individual must agree to stay with you the evening of surgery and into the next day(s) so as to ensure you are being supervised.
4. Maximum weight allowed to lift is 10 pounds for 6 weeks.
5. Apply a cold compress to the surgical area every 2-4 hours for the first 24 hours.
6. Apply antibiotic ointment to the wounds twice a day for three days then stop.
7. Sutures will dissolve on their own in a week.
8. Please avoid all sexual activity for 4 weeks after surgery.
9. Drink water after surgery. You should consume at least 6-8 cups of water (8 oz each).
10. Do not take any aspirin-type products for 4 weeks after surgery. ONLY use the pain medication prescribed by the surgeon or Tylenol.
11. You are not allowed to take any herbal supplements or over the counter vitamins/medications for 2 weeks before and 2 weeks after surgery. These can cause bleeding.
12. You are only allowed to take a single multivitamin a day.
13. Avoid bending at the waist. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity.
14. **Work:**
 - a. Expect to take at least 7 days off of work if you are employed.
 - b. Please limit ALL activities for the first week following your procedure.
15. **YET! YOU MUST BEGIN WALKING the evening of surgery.** Bedrest alone is not allowed. You have to get out of bed at least **5 times a day and walk.**
16. Follow a liquid diet for the first day after surgery and transition to soft diet for the next 2 days followed by regular diet.
 - a. Do not take narcotic pain medication (oxycodone) without having some food in your stomach. If not, it can cause nausea and vomiting.
 - b. Take an over the counter stool softener twice a day (Colace for example 100mg BID) while taking narcotic pain medication.
17. **Showering:**
 - a. Start showering 24 hours after surgery and do so once a day.

- b. You are only allowed to shower for the first 30 days after surgery. Use soap and water to all incisions using a gentle circular motion and pat dry. Do not rub the wounds.
 - c. **You cannot submerge yourself in a bathtub, pool, ocean, jacuzzi, hot tub until one month after surgery.**
 - d. Do not use warm or hot pads near the surgical area.
18. **Sleeping:**
- a. Sleep normally without restrictions.

Long-Term Post-Operative Care

1. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a total of **5 days at minimum**.
2. Do not drive for 5-7 days following surgery or until cleared to do so by your surgeon. Do not drive while taking oxycodone.
3. No smoking is allowed 6 weeks before and 6 weeks after surgery. Hopefully you do not smoke at all.
4. No alcohol for 2 weeks after surgery. Do not consume alcohol while taking pain medication.
5. Do not undergo any dental procedures for 1 month after surgery to avoid infections.
6. It is NORMAL to have bruising and swelling to the surgical area as well as the genitalia. This will gradually improve over several weeks.
7. If you experience any fever, shortness of breath, chest pain or unusual pain in the operated area you must notify the office immediately.

*These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent skin and is extremely tender or if you develop chills and/or fever. Please take your temperature with a thermometer. A clinically significant fever is 102 degrees Fahrenheit or greater.

The office can be reached directly at 305-230-4326.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency please go to:

Coral Gables Hospital
3100 Douglas Road
Coral Gables, FL 33134
305-445-8461

Westchester General Hospital
2500 SW 75th Avenue
Miami, FL 33155
305-264-5252

*If you have a life-threatening emergency please go to the nearest emergency department.