

**Labiaplasty Post-Procedure Instructions**

**Wound Care:**

- [ ] You have dissolvable sutures under your incisions as well as some dissolvable sutures on top of the incision lines. These will last from 2-4 weeks and slowly dissolve. Usually these do not need to be removed unless they become overly irritating.
- [ ] Apply antibiotic ointment (polysporin, Neosporin, bacitracin, etc.) to the incision 2-3 times daily for one week
- [ ] Use cold medicated Tucks pads on the area for additional discomfort relief. Place these in your refrigerator and apply to the area every 4-6 hours as needed for the first few days. Cover with gauze, maxi pad, or paper towel. Tucks pads can be found at any pharmacy, Walgreen's or CVC in the hemorrhoid cream section.
- [ ] It is okay to shower in 24 hours using a hand-held shower wand or regular shower head. No soaking or tub bathing for 2 weeks. After your shower, pat area dry and reapply antibiotic ointment.
- [ ] Avoid tight or restrictive underwear (no "wedgies") that may rub on the surgical site. Try and wear larger, more supportive underwear that will hold gauze or maxi pad over the area well.
- [ ] No insertional activities (tampons, intercourse, etc.) for 6 weeks and until cleared by your surgeon.
- [ ] Recommend using a Peri Bottle to help rinse warm water over the vaginal tissues during/after each urination. This will help minimize irritation of the surgical site.

Do NOT smoke or use tobacco products. It WILL impair your healing and increase your complications.

**Activity:**

No strenuous activity or straining until cleared at follow-up.  
Try not to get your heart rate or blood pressure up as this can increase bleeding/bruising  
Try and elevate your pelvis as often as possible, especially in the first week. Place a pillow under your buttocks when lying down to elevate your surgical site.  
Avoid activities that may risk injury to your surgical site.  
Try and limit any positioning that pulls or tugs on the area.  
No driving within 4-6 hours of taking narcotic pain medications.

**Medications:**

- [ ] Take Tylenol 500mg - 650mg every 4 hours as needed for mild pain
- [ ] Take Norco / Percocet / Tramadol / Dilaudid as prescribed for more intense pain.  
Note- do NOT take any Tylenol with Norco or Percocet as these already have Tylenol mixed in.
- [ ] Do not take pain medications on an empty stomach as this may increase nausea. Avoid Aspirin and NSAIDs (motrin, advil, ibuprofen, aleve) for the first week after your procedure as these can increase bleeding. After the first week it is okay to start taking these.
- [ ] Take all of your antibiotic \_\_\_\_\_

If you are taking narcotic pain medications you may experience some constipation. Drink plenty of water and eat plenty of fiber in your diet. Consider a fiber supplement such as Metamucil®, FiberCon®, or Citrucel®. It is okay to take over the counter stool softeners once or twice daily such as Docusate or Colace® found at your local drug store.

**Follow up:** 2-3 days    5-7 days    7-10 days    10-14 days    3 weeks    4 weeks    6-8 weeks