



Labiaplasty Post-Operative Instructions

Immediately After Surgery

- After getting home, continue resting comfortably for the next 24 hours. You may sleep in any position you feel comfortable in.
- You may apply ice compresses to the area every 2-4 hours during the first 24 hours after surgery. This may help to alleviate some of the swelling. Swelling is a normal occurrence for up to several weeks after surgery.
- If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea.
- Take your prescribed antibiotic diligently and to completion.
- No other medication should be taken for the first 10 days after surgery. Avoid alcohol while taking any medications.
- Do not apply any creams or ointments to the incision.
- Call your doctor's office immediately if you experience any of the following symptoms: Temperature above 102°F, shakes and chills, and severe unrelieved pain.
- Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.
- **KEEP INCISION SITES CLEAN AND DRY FOR THE FIRST 24 HOURS AFTER SURGERY.** You may shower 24 hours after your surgery. Use a mild soap (Dove, Ivory, etc.) to wash the incision sites and gently pat dry with a soft clean towel.
- Sutures will be present along the incision sites and will dissolve on their own.
- It is normal to have some drainage of fluid from the incisions for several weeks. The color may range from red to yellow. This is a normal occurrence.
- You can expect edema (swelling) and ecchymosis (bruising) of the surgical area post-operatively. The amount of swelling and bruising varies with each individual patient.



Long-Term Post-Operative Care

- AVOID sexual activities for SIX WEEKS after surgery.
- Be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.
- Rinse the area with saline water after each time you use the restroom to keep the area as sterile as possible.
- Avoid strenuous exercise for six weeks after surgery.
- Avoid pools, jacuzzis, beach or baths for six weeks after surgery.

In case of emergencies:

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 a temperature of **102 degrees Fahrenheit or greater**.

For any after-hour **emergencies** please call 786-804-1603 for immediate assistance. If you are experiencing a life-threatening emergency, please call 911.

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:

1. Baptist Hospital

8900 North Kendall
Miami, FL 33176
786-596-1960

2. South Miami Hospital

6200 SW 73 Street
South Miami, FL 33143
786-662-4000

3. Larkin Hospital

7031 SW 62nd Avenue
South Miami, FL 33143
(305) 284-7500