



NORTHEAST PLASTIC SURGERY
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Labiaplasty

Post-operative Instructions

- ▶ Your post-operative appointment is scheduled for _____.
- ▶ No dressings or bandage is needed.
- ▶ Apply a thin layer of Bacitracin over the incision sites twice daily or after showering. Do this only for 3 days and then discontinue. If you find the areas dry and irritated, you may use Aquaphor after this point as needed.
- ▶ You may indirectly use ice on the area, but limit exposure to 15 minutes at a time. Avoid direct contact with the skin.
- ▶ You have received prescriptions for _____ for pain relief. Postoperative pain management includes other modalities that are non-narcotic based to minimize reliance on such medications. You may stop taking your antibiotic after the final drain has been removed. Please take Colace as a stool softener to limit abdominal straining and constipation.
- ▶ You may take the following medications for pain after 24 hours from the surgery: ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol. You may also resume any of the following supplements at this time: fish oil, herbals, and supplements including those containing Vitamin E.
- ▶ If you are taking the following blood thinners or anti-platelet agents, you should have already obtained instructions pre-operatively when they may resume, but please discuss with your surgical team: aspirin, Coumadin (warfarin), Lovenox, Plavix, Pletal, Effient, Aggrenox, Pradaxa, Savaysa, Xerelto, Eliquis, or Brilinta.
- ▶ Do not consume alcohol while taking medications following surgery, especially pain medications, muscle relaxants, anti-anxiety medications, sleeping pills, or other sedatives.
- ▶ Unless otherwise indicated, you may resume your pre-operative diet as tolerated.
- ▶ Restrictions are as follows:
 - ▶ No driving for 1 week. Further, you will be restricted from driving until all narcotic medications have been stopped.
 - ▶ No heavy lifting (> 5 lbs) for 4 weeks.
 - ▶ No strenuous pulling or pushing for 4 weeks.
 - ▶ No sexual intercourse, tampon use, or other vaginal penetration for 6 weeks
 - ▶ Avoid hot or cold packs against your skin, as burns and other skin changes may occur because of sensory changes.

- ▶ Please refrain from nicotine containing products for at least 4 weeks following your surgery. Nicotine reduces circulation and can result in wound healing impairment.
- ▶ Every patient and procedure is unique. However, please alert us if you observe any of the following and are concerned:
 - ▷ temperature $\geq 101.4^{\circ}\text{F}$
 - ▷ increased redness at the surgical site or adjacent site(s)
 - ▷ worsening bruising at the surgical or adjacent site(s)
 - ▷ blisters at the surgical site(s)
 - ▷ increased swelling or size leading to significant and sudden asymmetry
 - ▷ unremitting or increasing pain at the surgical site(s)
 - ▷ significant drainage at the surgical site