

## **Pioneer Valley Plastic Surgery, LLC**

Melissa Johnson, MD

Christina Bahgat, PA-C

### **Post-Operative Instructions for Labiaplasty**

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (413) 731-7877.

- Minimal activities for the first couple of days after surgery.
- You may ice the groin area for the first week to decrease swelling and pain.
- You may shower 72 hours after surgery.
- DO NOT soak in the tub, jacuzzi, sauna, pool, or beach for 2 weeks following procedure.
- NO driving or working while on pain medications.
- You may take Tylenol for pain or Benadryl for itching if needed.
- Avoid Advil, Motrin, or Ibuprofen for the first week after surgery but you may take them any time after the 1<sup>st</sup> week.

You can expect:

- Clear and bloody drainage from the incisions for the first couple of days.
- Sutures are dissolvable and do not need to be removed. There is also a layer of glue protecting the suture line.
- NOT to apply bacitracin, ointments, or creams to the suture line.
- To return to non-strenuous work within 3-7 days.
- Moderate discomfort which should be relieved with pain medications.
- Moderate swelling of the labia.
- Bruising around the area.

Call the office if you experience:

- Severe pain not relieved by pain medications.
- Increased swelling of the labia that is not decreasing.
- Excessive drainage or heavy bleeding.
- A fever greater than 101.5
- Call the office at any time with questions.

**As time goes by and you are healing**, the following apply:

- Most swelling, bruising and soreness resolves within 4-6 weeks.
- Return to strenuous activities in 3-4 weeks.

\*\*We require 48 hours for prescription refills. Please call in advance.