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Labiaplasty: follow up appointment schedule and general care instructions

Follow up appointments: 1 Week, 1 Month, 3 Months

Days 1-6

Rest - Walk every 2-3 hours

Keep incisions dry, wash body in shower

Wash gently with soap and water on incisions - pat dry

Apply thin film of bacitracin ointment to suture line every 8 hours

Cover operative site with ABD pad or feminine napkin

Take medications as directed

No Intercourse

*Call Dr. Stile if you notice any significant changes in appearance or experience increased discomfort

1 week

First post op visit- Wound check and dressing change

Wash gently with soap and water on incisions - pat dry

Apply thin film of bacitracin ointment to suture line every 8 hours

Cover operative site with ABD pad or feminine napkin

No Intercourse

1 Month

Second post op visit- wound check

May resume light exercise

May resume full exercise —advance as tolerated

May resume intercourse

3 Months

Third post op visit

Wound check

Photos taken at this appointment



Labiaplasty General Care Instructions - expanded

After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you may feel weak and drowsy. You may require help the first few times you get out of bed. You **MUST** get out of bed ever 2-3 hours and walk.

It is important to be walking early and frequently, move your legs and ankles when in bed. Keep legs elevated, when in bed, for the first 2-3 days. Please don't cross your legs as this can increase the risk of blood clots. Please take deep breaths frequently to keep your lungs clear (15-20 per hour).

Do not smoke. This is very important.

A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.

Most people experience muscle soreness as opposed to sharp pains for about 5-7 days after surgery. Many patients say that the pain equivalent is to having an extremely hard work out and/ or skin sunburn. The pain is not sharp but more of an ache. The pain medication we have prescribed should relieve your discomfort. You may take the pain medication every 3-4 hours as needed for the first 2-3 days after surgery for the pain and discomfort. You may take the Xanax every 8 hours for the first 24-48 hours for anxiety. It is best to take pain medication with crackers, Jell-O, etc. Do not drink alcohol while taking pain medication.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater for at least 6 months that has both UVA and UVB protection.

The body retains fluids in response to surgery so do not expect to see any immediate changes for the first 2-3 weeks.

Swelling and bruising are a normal expectation following surgery. Bruising could be apparent for as long as 3-4 months afterwards. The bruises will move down your body as they are absorbed.

It is normal to have an itching sensation and/ or numbness following surgery in the areas that underwent surgery. This will gradually subside over the next 2-3 months.