

Labiaplasty

Pre & Post Operative Instructions

Your Surgery: Please check the appropriate box

- **General Anesthesia Case:**

General Anesthesia: This type of anesthesia renders you completely unconscious during the procedure, ensuring you feel no pain and have no memory of the surgery. It is typically used for more extensive operations and requires careful monitoring by an anesthesiologist.

- **Instructions:** Nothing to eat or drink 8 hours before surgery. This includes water, mints, candy, or gum.
- **Post-Surgery Transportation:** It is mandatory to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
 - **Why?:** After surgery, especially with general anesthesia, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period. If you do not arrange for transportation and care for at least 1-2 days, then your surgery may be canceled, at your expense.

OR

- **Local Anesthesia Case:** (please also select either option A or B)

- **Option A: Local Anesthesia Only:** This option involves the use of medications like Lidocaine to numb the specific area of your body where the surgery will be performed. You remain fully awake and alert during the procedure, feeling no pain in the treated area. This method is ideal for patients who prefer the simplest form of anesthesia, allowing for a quicker recovery time and minimal postoperative side effects.
 - You do not need to fast, and may eat & drink whenever you choose.
 - You may drive yourself home & do not require a caregiver after surgery.
- **Option B: Local Anesthesia with Sedation:** This option combines local anesthesia with oral sedative medications to help you relax during the procedure. While you will be awake, the local anesthetic ensures you do not feel pain at the surgery site, and the sedatives help create a more comfortable and

less anxious experience. This method is often chosen by patients who may feel nervous about the surgery but prefer not to undergo general anesthesia.

- Instructions: Nothing to eat or drink for 3 hours before surgery. This includes water, mints, candy, or gum.
- Post-Surgery Transportation: It is essential to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
 - Why?: After surgery, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period.

Shopping List

- Tylenol (Acetaminophen): Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS (such as Ibuprofen & others).
- Pads or panty liners: These can be used to manage drainage and should be replaced as needed.

Pre-Operative Instructions

Medication Management Before Surgery: Guidelines for Minimizing Bleeding Risks

These are general recommendations. For more information please refer to the email: Preoperative Instructions for Your Upcoming Surgery &/or contact our office for a safe plan tailored to your health needs and surgical procedure

- **Aspirin and NSAIDs:** Please discontinue use at least 3 weeks before your surgery, unless otherwise directed by your surgeon.
- **Anticoagulants (Warfarin, Heparin, Direct Oral Anticoagulants):** The discontinuation schedule varies. Please consult your surgeon at least 3 weeks before surgery to discuss a tailored plan, which may include temporary adjustments to your regimen or bridging therapy.
- **Herbal Supplements and Vitamins:** Discontinue any herbal supplements and vitamins that can increase bleeding risk, such as vitamin E, fish oil, ginkgo biloba, and garlic, at least 2 weeks prior to surgery.
- **ADD / ADHD medications** are to be avoided the day before surgery.

- **Contrave (Naltrexone-containing meds):** Patient must consult with the prescribing physician about when & how to stop this medication prior to surgery.
- **Weight Loss Meds (Ozempic, Wegovy, Semaglutide, ect.), & Biotin.:** are to be stopped 2 weeks prior to surgery.
- **Illicit Drug Use:** Please be honest about any illicit drug use during the preoperative assessment. Your safety is our priority and accurate medical information is crucial for planning a safe and effective surgical procedure.
 - Illicit drug use can have significant interactions with anesthesia and other medications administered during surgery, potentially leading to complications.
 - **Examples of the most important substances to mention include:**
 - Cocaine & Meth.

Consultation Is Key: If you are taking any of the above medications or supplements for chronic conditions, do not stop them without first consulting with the physician who prescribed them and your surgeon.

Together, you will develop a safe plan tailored to your health needs and surgical procedure.

4 Weeks Before Surgery

- **Reducing/Stopping Smoking:** We strongly recommend reducing or ideally stopping smoking (including e-cigarettes with nicotine) for 4 weeks before and after your surgery.
 - **Why?:** Smoking can significantly hinder your healing process and increase the risk of complications. Nicotine constricts blood vessels, which can impair blood flow to the surgical area, affecting healing and recovery. Any reduction in smoking is beneficial and contributes positively to your surgical outcome.

2 Weeks Before Surgery

- **Alcohol Consumption:** We encourage patients to reduce or stop alcohol consumption for at least 2 weeks before and after surgery.
 - **Why?:** Alcohol can increase the risk of bruising, swelling, and can prolong the healing process. Reducing alcohol intake, even if complete cessation is challenging, but can significantly improve your recovery experience.

The Day of Surgery: Your Preparation Guide

On the day of your surgery at Asia Pacific Surgery, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- Shower or Bath: On the day of surgery, please take a shower or bath using soap (either antimicrobial or non-antimicrobial).
 - Avoid Applying Products: Do not apply any lotions, perfumes, or other products to your skin after bathing.
- Medications:
 - Blood Pressure Medications:
 - Take your blood pressure medication as usual, including the day of surgery. On the day of surgery, take it with only a small sip of water.
 - Diabetes Medications:
 - DO NOT take any oral and/or injectable diabetic meds the night before or the morning of surgery.
- Fasting: Adhere to the fasting instructions provided by your surgical team. Typically, this means no eating or drinking, including water, for either 3 or 8 hours before your surgery. Check your paperwork or email our office for further guidance, if needed. This information will be on the 1st page of this document.
- Shaving: If shaving is necessary in the area to be operated on, please do so 3 days prior to your surgery date. Shaving closer to your surgery date, including the day before or the day of, is not advised as it can increase the risk of surgical site infections.
- Jewelry and Valuables: Remove all jewelry and refrain from bringing valuables to the clinic, including piercings from the neck up. We cannot take responsibility for lost items.
- Makeup and Skincare Products: DO NOT wear any makeup or apply skincare products on the day of your surgery.
- Clothing: Opt for loose, comfortable clothing.
- Communicating Questions or Concerns: If you have any last-minute questions or concerns, please get in touch with us immediately. See the last page of this document for contact information.

Our team is committed to making sure you feel fully prepared and confident in the care you'll receive.

Post-Operative Instructions

The Night Of Surgery

- **Sleep:** Sleeping on your back will be the most comfortable during the recovery process. You can place a pillow between your legs if this adds comfort.
- **Ice:** To help minimize swelling and discomfort during the initial days following your procedure, we recommend using an ice or cold compress.
 - Apply the compress to the affected area for 20 minutes, then remove it for 1 hour. Repeat this cycle as needed for the first few days up to a week.
 - Always wrap the ice or compress in a towel or use a thin, protective layer to prevent skin damage.

Medications

1. **Tylenol (Acetaminophen):**
 - **Pain Relief:** Tylenol is safe to take for managing pain. Please avoid NSAIDs such as Ibuprofen and Aleve, as they can increase the risk of bleeding.
2. **Narcotic Pain Medication:**
 - **Prescription Medication:** If you received a prescription for narcotic pain relievers, take them as directed for pain management. Be aware that these medications can cause constipation.
 - **Preventing Constipation:** You will be prescribed a laxative and a stool softener to prevent constipation. It's important to start taking these with your first dose of narcotic pain medication. Additionally, increasing dietary fiber, fluid intake, and physical activity can help manage constipation.
3. **Zofran (Ondansetron):**
 - **Nausea Prevention:** Zofran is prescribed to help prevent nausea and vomiting, which can be common after surgery. Take this medication as directed, particularly before meals or as soon as you feel nauseated.
4. **Antibiotics:**
 - **Infection Prevention:** If you've been prescribed antibiotics, it's crucial to complete the full course as directed, even if you start feeling better. This helps prevent infection and ensures the effectiveness of the treatment.
5. **Sinnech (Arnica Montana):**
 - **Reducing Swelling and Bruising:** Sinnech is a homeopathic Arnica montana regimen that you'll take to help reduce swelling and bruising. This can

potentially speed up your recovery process. Please follow the specific dosage instructions provided.

Nutrition

- Hydration: Stay hydrated with plenty of water. A general guideline is to aim for at least 8-10 glasses of water per day (about 2 to 2.5 liters). Limit or avoid caffeine and alcohol.
- Meal Approach: If you have a reduced appetite, eat small, frequent meals.

Activity

- Rest and Recovery Post-Surgery:
 - When sitting, you can try to recline or use a cushion to reduce pressure on the area.
 - Sitting upright for long periods may be uncomfortable, so plan accordingly for activities like work or travel during your recovery.
- Exercise Guidelines:
 - You may gradually return to your normal daily activities 1-2 weeks after surgery. However, wait 4-6 weeks before starting light exercises.
 - Begin slowly and gradually increase the intensity of your workouts.
- Menstrual Cycle Care:
 - For the first 6 weeks post-surgery, do not use tampons. Opt for pads if you have your menstrual cycle during this period.
- Returning to Work:
 - Depending on the nature of your job, some patients take about 5-7 days off work. If possible, a gradual return to work, starting with a lighter schedule or part-time, can help ease the transition back to full duties.
- Resuming Sexual Activity:
 - Avoid vaginal intercourse for 6 weeks or until your doctor gives the go-ahead. Only resume sexual activity when you feel physically and emotionally ready.
- Clothing Recommendations:
 - To minimize irritation, opt for loose and breathable clothing and undergarments. Tight clothing can cause additional irritation by rubbing against sensitive areas.

Bathing

- Showering. You may shower with regular soap and water the day following surgery. Replace your pad after showering.
- Hot Tubs/Baths/Swimming Pools. No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to

wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

How to Care for Your Incisions

- Stitches. All stitches are dissolvable and do not require care.

What to Expect

- Drainage from Incision Sites:
 - It's common to see drainage, which may be blood-tinged, from your incision sites during the first week post-surgery. If this occurs, feel free to use a pad or liner for comfort.
- Bruising:
 - Bruising is a natural part of the healing process. You'll likely notice bruises that will change from purplish to yellow/green as they begin to heal, typically resolving within 2-3 weeks.
- Swelling:
 - Expect swelling in the surgery area and surrounding tissues, which can last for weeks or even months. While normal, you can reduce swelling with regular rest and by applying ice intermittently. Be aware that exercise and physical activity might temporarily increase swelling, yet staying active is beneficial for your recovery.
 - After a labiaplasty, applying ice packs can help reduce swelling and alleviate discomfort. Use a clean, soft cloth to wrap the ice pack and gently apply it to the affected area for 15-20 minutes every hour as needed, especially during the first 48 hours after surgery. Avoid applying ice directly to your skin, as this may cause damage. Always use a thin cloth or barrier between the ice and your skin.
- Itching:
 - Experiencing itching at the incision sites is normal during the initial recovery phase. Taking an over-the-counter antihistamine like Benadryl can help alleviate this discomfort.
- Pain and Discomfort:
 - After surgery, it's normal to feel sensitivity, occasional stinging, discomfort, soreness, and fatigue as your body heals. These sensations are part of the recovery process and should gradually improve.
- Sensory Changes:
 - You might notice changes in sensation, either reduced or heightened, in the treated area. This is a typical response and sensation should return to normal over a few weeks to months.

- Seeing Your Final Results:
 - Patience is key. The final outcome of your surgery may take between 3 to 6 months to fully manifest as your body heals and adapts.

Emotional Recovery

It's normal to experience a range of emotions after surgery, especially when the appearance of your body changes. Some patients feel relief, while others may go through moments of doubt or grief. Please know that these feelings are valid and part of the healing process. You're not alone, and support is available if you need it.

Signs of Infection or Complications

It's important to monitor your recovery and be aware of any signs that may indicate an infection or complication. Contact your surgeon immediately if you experience any of the following:

- Increased redness, warmth, or swelling around the incision site
- Pus-like or foul-smelling drainage from the wound
- Fever over 101°F (38.3°C)
- Severe pain that is not relieved by prescribed medication
- Excessive bleeding or new bruising
- Persistent chills or feeling unwell

Prompt communication with your healthcare team ensures the best possible recovery. Do not hesitate to reach out if you have concerns.

Follow-up Care

- **Prioritizing Appointments:** Attending follow-up appointments is crucial for monitoring your recovery & ensuring the effectiveness of your treatment.

Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: clinicalrn@drshimching.com	• General recovery questions • Appointment inquiries • Prescription refills
Urgent Questions or Concerns	Dr. Ching's Office: (808) 585-8855 Dr. Long's Office: (808) 439-8064 <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	• Swelling, bruising, or redness • Severe pain • High fever • Unusual discharge or odor • Uncontrolled bleeding
Medical Emergencies	Call 911 or go to the nearest emergency room	• Difficulty breathing • Chest pain • Severe calf pain • Signs of heart attack or pulmonary embolism

Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.