

LABIAPLASTY

POST-OPERATIVE INSTRUCTIONS FOR PATIENTS

Medication Instructions

- You will be prescribed an antibiotic, pain medication, stool softener, and a topical antibiotic ointment.
- Topical antibiotic ointment may be obtained over the counter as well.
- Over the counter Tylenol is recommended as the primary pain medication. Please check the label on your bottle to remain aware of dosages. No more than 3 grams of Tylenol should be taken in a 24-hour period.
- Oxycodone can be used for breakthrough pain and should be weaned in the first week after surgery. Most patients only require Tylenol, but every patient is different. Complying with the general post-operative instructions will help with pain control. Do not drive while taking any opioids. Use caution with opioid medications as they have addictive potential. Do not use other sedative medications, sleep aids, or alcohol in the post-operative setting.
- You may develop constipation when taking opioid pain medications. Take Colace twice a day starting on post-operative day 1. You should have regular bowel movements. You should avoid straining, which can be avoided with hydration, limiting opioids, and by taking stool softeners. You may take your preferred over the counter bowel regimen.
- Drink plenty of water to stay hydrated. Eat a well-balanced diet, including protein.

Wound Care and Dressings

- You should apply cool compresses for 20 minutes on and 20 minutes off, while awake. The cool compress should have a barrier, so the ice is not directly on the skin. The cool compress should be placed outside of the underwear/sanitary pad. This should be done for the first 24-48 hours after surgery, and then as needed.
- You may take a mildly warm (lukewarm) shower 24 hours after surgery. You may let water gently run over your wound. Do not use soap. Be sure the water is not too hot, and the shower should be brief. Do not rub or scrub near the incision lines. Pat dry very gently. Do not soak in a bathtub.
- You will apply topical antibiotic ointment twice a day to the incision lines. You will apply a thin layer over the incision lines. This should be done very gently with a clean finger or Q tip.
- Place sanitary pads in standard cotton panties or meshed surgical panties as a dressing for 2-4 weeks.
- After toileting, you should gently rinse with mildly warm or cool water. Do not "wipe" the area, just rinse and pat dry. You may rinse by taking a quick lower body shower or gently rinsing with a gentle water bottle.
- Avoid tight fitting pants and jeans during the first 2-4 weeks. Do not wear thong type or tight underwear.

Activity

- Try to stay off your feet for the first 3-4 days after surgery. We want to avoid any friction of the operative area to help with healing. You may take short walks, but be cautious. You may do gentle leg lifts/non-weighted leg exercises periodically while sitting or lying. Consider wearing leg compression stockings. These may be purchased online or at a drug store.
- Try to avoid sitting on your bottom or on hard surfaces for extended periods of time during the first week. The hard, continuous pressure on the wounds can delay healing.
- Vaginal penetration and sexual intercourse are not permitted for 6 weeks.
- No strenuous activity for 6 weeks. No running, biking/cycling, horseback riding, lifting weights, swimming, golfing, etc. Do not lift over 5-10 lbs for 2 weeks.
- No pools, hot tubs, or submersion in bodies of water for 6 weeks.

Recovery

- Most patients take at least 7-14 days off work for recovery. Time period varies by occupation. Some patients take up to 3-4 weeks. You may need assistance with household tasks for at least 5-7 days.
- Expectations: Typically, it takes several months for all of the swelling to resolve. Individual results will vary widely based on the unique anatomy. The labia come in all shapes and sizes and a significant amount of variability in appearance exists. As such, the labia minora cannot be completely hidden by the labia majora in many adult patients. The pigmentation of the labia minora may also change after surgery. Wound openings are not uncommon after the procedure, thus, the post-operative care is important. There may be sensation changes, discomfort, pain, scarring, or asymmetry. The sutures will dissolve on their own over a period of weeks.

Purchases to Consider

- Sanitary pads (“Maxi pads”): thin to medium thickness/absorbency
- Loose fitting standard cotton or “meshed surgical” panties (several): avoid compressive, tight, lace, or other restrictive materials
 - Some patients like to wear “post-partum panties,” which can be ordered on Amazon as well.
 - You will go home with some meshed surgical panties on the day of surgery. They can be hand washed and hung to dry for re-use if needed.
- Loose fitting clothes: best to wear tops that zip or button and cotton baggy bottoms
- Clean, empty spray bottle for gentle rinsing after using the toilet. It should not have a hard or aggressive stream pressure. You may use tap water. Some prefer to just pop in the shower instead. There are also spray bottles of saline available at the standard drug store. “Peri-bottles” are available on Amazon. See below.
- Tylenol
- Miralax or other bowel regimen to have on hand if you develop constipation
- Compression stockings that stop at the knee
- Well balanced diet including vegetables and protein for the healing period

Call us if...

- If you have concerns or questions.
- If you have shaking chills, fever greater than 101.5 (F) degrees or 38 (C) degrees, increased redness, purulent discharge from incision, chest pain, shortness of breath, or anything else that is troubling you.
- If you have questions outside clinic hours, call the main hospital line 617-667-7000 and ask to speak with the plastic surgery team.

Follow Up

- Your first clinic follow-up after surgery will most likely be within 1-2 weeks after surgery. If you do not have an appointment scheduled, please call the clinic to schedule an appointment.
- The Plastic Surgery Clinic phone number is: 617-632-7827

***Wear loose fitting cotton or mesh surgical panties.
Line the panties with a sanitary pad.
Avoid thongs, lace, or tight-fitting underwear.
Avoid tight pants and jeans.***



After using the toilet, very gently rinse area with water or saline using one of these options:

“Saline Wound Spray”
Pre-filled spray bottle
Available at Drug Stores



“Peri—Bottle”
Available on Amazon



Alternative:
Clean, empty spray
bottle to fill with water

