

## **LABIAPLASTY POST-OPERATIVE INSTRUCTIONS**

### **Supplies to have at home before surgery:**

- Prescription medications
- Acetaminophen (Tylenol) and ibuprofen (Advil)
- Dimenhydrinate (Gravol) (anti-nausea medication)
- Constipation medications (examples: Senokot, Restoralax)
- Pantyliners / feminine pads with non-dry weave

### **Activity:**

- For the first 48 hours after surgery, apply an ice pack wrapped in a face cloth to the surgical area for 10 minutes every hour
- After each urination or bowel movement, clean the surgical area with a syringe and warm water, then pat dry
- Small amounts of bleeding can sometimes occur following this procedure. If this happens, apply firm pressure with gauze or a clean towel for 20 minutes. If bleeding persists, call the clinic or Dr. MacArthur.
- Wear loose cotton underwear (with or without a panty liner if needed)
- Post-operative swelling and bruising is to be expected
- You may shower 24 hours after surgery
- Avoid excessive physical activity or lifting objects greater than 10 lbs for 4 weeks after surgery
- No sexual intercourse for 6 weeks following surgery
- Don't sleep with pets in bed for the first two weeks after surgery
- Avoid smoking or exposure to second-hand smoke
- No baths, swimming, or hot tubs for four weeks after surgery

### **Medications:**

- Ibuprofen (Advil) 400 mg is to be taken 3 times per day: breakfast, lunch and dinner with food. **NEXT DOSE:**
- Acetaminophen (Tylenol) 500 mg is to be taken 4 times per day: breakfast, lunch, dinner and bedtime. **NEXT DOSE:**
- Narcotic prescription hydromorphone (Dilaudid) or Tylenol #3 is to be taken every 4 to 6 hours, ONLY as needed. **NEXT DOSE:**

- Antibiotic (cephalexin or clindamycin) is to be started the morning after surgery until completed. If you were not prescribed antibiotics, you do not require them for your surgery.
- Constipation medications can be taken according to package instructions if no bowel movement for 2 days after surgery
- Dimenhydrinate (Gravol) may be taken according to package instructions for post-operative nausea and vomiting

### **First Post-operative Appointment:**

- All sutures used in this operation will dissolve on their own (this usually takes 2-4 weeks)
- Swelling, bruising and some degree of asymmetry is expected at this appointment

### **Wound Care:**

- Any dried blood along the incision lines can be safely removed with the use of a Q-tip dipped in hydrogen peroxide or warm water. This can be done twice a day, followed with a thin application of Polysporin to the incision line.
- Do not continue to apply Polysporin to the incision line daily past 1 week. This can result in a rash or allergic reaction.

### **RED FLAG SYMPTOMS:**

If any of the following symptoms develop post-operatively, please contact the clinic immediately.

- Sudden increase in swelling at the surgical site
- Increasing pain, redness, foul odour or drainage from the incision
- Sudden increase in swelling in the cheek, jawline or neck
- Fever exceeding 38.3°C
- Persistent bleeding from an incision
- Sudden onset of chest pain or shortness of breath (For chest pain lasting longer than 5 minutes, call 911)
- Pain or swelling of the leg
- Persistent dizziness or loss of consciousness
- Coughing up blood or bloody stool

If you develop any of these symptoms and are unable to reach the clinic or Dr. MacArthur, present to the nearest Emergency Room.

**Do not hesitate to call with any questions or concerns.**

**Clinic business hours (9AM to 4 PM): 613-595-1880**

**After hours: 613-219-9636 (Dr. MacArthur Cell)**

**Patient signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**RN signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_