

## CARE AFTER LABIAPLASTY

### ACTIVITIES

- **Please ensure you get up and walk around every hour while you are awake.** When sitting or lying pump your feet up and down at regular intervals when awake to increase your circulation, minimizing the risk of blood clots.
- You must avoid strenuous activities and exercise for about six weeks. Avoid lifting anything over 5lbs for the first week after surgery. You may lift up to 10lbs during the second week.
- You may resume sexual activity when you feel comfortable. Generally, waiting 6 weeks is adequate, but each patient may feel differently. Use your discretion and listen to your body and how you are feeling.
- You should already have a follow up appointment scheduled after your surgery. If you do not have an appointment scheduled, please contact the clinic to arrange one.

### MEDICATIONS

- Please do not take any Advil, Ibuprophen, Aspirin, Motrin or Anacin unless this has been discussed with your doctor or one of the clinic's nurses.
- You may have been given the following medications: Oxycodone and/or Acetaminophen (Extra Strength Tylenol) for pain management, Colace (Soflax) to prevent constipation, Lyrica (Pregabalin) for pain management/nerve receptor blocker, and Celebrex (Celecoxib) to help with swelling/inflammation.
- Straining such as lifting, vomiting and excessive coughing is to be avoided as much as possible as this may cause bleeding. If you experience nausea, take Gravol as directed on the package 15-20 mins before you take your prescribed pain medication.
- Take Tylenol for discomfort instead of your narcotics when you feel able.
- Begin taking your stool softener (Colace) after your surgery and continue as needed. If you are still experiencing constipation, speak to your pharmacist about taking a laxative.
- If you have been given a prescription for antibiotics, start taking them on the day of surgery and continue until all the medication is finished.
- If you have been given Arnica, you may continue to take the Arnica the night of your surgery and continue to take it until it is finished.
- **Do NOT apply any hot/cold packs directly on your skin as they risk damaging your skin!!! Ice packs wrapped in a clean cloth may be applied for 15mins every hour as needed for the first 2-3 days.**

### WOUND CARE & SHOWERING

- You must shower on the second morning after your surgery. No earlier please. Please have someone present with you for your first shower and do not lock the bathroom door as you may become dizzy. DO NOT take a bath, swim or sit in any hot tubs until your incisions are fully healed.

- Your skin was cleaned with a brown antiseptic solution before surgery. You may also have some residual pen markings. The brown solution and pen markings will gradually go away with showering.
- Let the soap and water go gently over your operative area and rinse off. Gently pat dry and re-apply a clean sanitary napkin.
- You have been provided with a peri-care spray bottle. Make sure to rinse the operative site well after each visit to the bathroom. Pat dry with toilet paper or a clean towel.

#### **WHAT TO EXPECT**

- You will have moderate discomfort and some burning sensation around your operative area. This pain and discomfort should gradually improve. If your pain begins to increase and is unmanageable, please contact the office.
- Moderate swelling and bruising will occur and this is normal. The swelling will be maximal at 2-4 days after surgery. Swelling will gradually improve over the next 3-6 weeks.
- It is possible after a general anaesthetic to experience some nausea or vomiting, dizziness, sore throat, headache, muscle aches or fatigue. These symptoms will usually settle within 48 hours. Drinking lots of water and eating healthy will help with these symptoms. If they do not resolve after 48 hours, please call the office and speak with one of the clinic's nurses.

Please note that you will NOT be able to work on the day of your procedure. **YOU ARE NOT ALLOWED TO DRIVE, MAKE ANY IMPORTANT DECISIONS OR OPERATE ANY TYPE OF MACHINERY FOR 24 HOURS AFTER YOUR SURGICAL PROCEDURE.** This is the law.

If you need to go to an Emergency Room/hospital/walk in clinic/family doctor for any reason **within 10 days** after your surgical procedure, you need to inform The Cosmetic Surgery Clinic of your visit.

**If you have any questions or problems, please do not hesitate to call the office at 519-746-1132, or in an emergency situation after hours, you may contact Dr. Ma directly at 905-818-0746. In the event that you cannot reach Dr. Ma and you need attention urgently, please go to your nearest emergency department.**

**Last Medication Dose received:**

**Acetaminophen 1000mg (2 tablets) @ \_\_\_\_\_ (pain reliever)**

**Celebrex 100mg @ \_\_\_\_\_ (pain reliever/swelling)**

**Docusate Sodium 100mg start tonight**

**Your last narcotic dose was @ \_\_\_\_\_**

**We love hearing from you!**

