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## **Labiaplasty Surgery**

- You must shower on the first day after surgery. Gently pat dry.
- If any clear drainage occurs, you can put a light gauze pad dressing on to cover these areas.
- Avoid strenuous activity and exercise for four weeks after the surgery.
- Do not take any aspirin, Advil, Motrin, Ibuprofen or Anacin unless this has been discussed with the office.
- You should buy a peri-care spray bottle and make sure to rinse the operative site well after each visit to the bathroom.
- You can apply ice to the area for 10 minutes at a time twice per hour as needed on the day of surgery and the next 1-2 days.

### **WHAT TO EXPECT**

You can expect moderate discomfort. This usually begins to rapidly improve after 2 – 3 days. Take your pain medication as directed. If your pain increases, please call the office at 519.746.1132, or if it is after hours, please contact Dr. Shenker directly at 905.628.1302.

Moderate swelling is normal and is maximal at day 2 to 4. It will gradually improve over the next 3 to 4 weeks. If you notice any rapid increase in swelling or you notice that one side is much more swollen or painful than the other, please call.

Bruising is normal and may take up to 14 days to fade.

*refresh*  
*renew*  
*revitalize*