

---

# LABIAPLASTY

---

Edina Plastic Surgery, Ltd.

---

## *Immediate Postoperative Care*

- Sleep in a recliner or reclined like position using pillows to elevate your head and your legs.
- You should get up and walk around your home for brief intervals, have assistance when standing and walking.
- Do not exercise. Limit straining, lifting, and other rigorous activities for 2-3 weeks.
- Use ice packs for the first 48 hours to reduce swelling and bruising (20 minutes on, 20 minutes off).
- Using the provided peri-bottle, rinse your peri area with lukewarm water to cleanse it after voiding. Do not rub with toilet paper.
- Keep dressings clean and dry. Bleeding from the incisions is expected for the first 48 hours, replace the dressings as needed with supplied gauze pads or use a maxi pad. Do not use mesh maxi pads as these can stick to the sutures.
- Do not remove any sutures.
- Your first shower will be in 2-3 days (no baths). Sponge bathe only until your first shower.
- Do not drive a car or operate heavy machinery for 2-3 days or while taking narcotics.
- Eat light bland meals for the first few days. Avoid spicy, acidic, greasy, and fried foods which may upset your stomach after anesthesia.
- Take your pain meds with food to avoid upset stomach/nausea sometimes experienced with narcotics. If you experience any itching, hives, rash, headache or nausea after taking any of your medications, you may be having an allergic reaction to one of them. If this occurs, please call our office and we will change your prescription.

## *While Recovering*

- Swelling and bruising may persist for 2-6 weeks while healing.
- Avoid inserting anything into the vagina and sexual intercourse for 3-6 weeks or as instructed by your physician.
- Do not use heating pads, hot tubs or sit in a tanning bed without first consulting your physician. Do not swim in a pool, lake or ocean until incisions have completely healed.
- Following your procedure, your body will need fluid replacement. Attempt to increase your water intake, especially while taking your prescribed pain medication(s).