Elite Plastic Surgery
ROZBEH TORABI, MD ¤ RADBEH TORABI, MD ¤ RAMYAR TORABI, MD ¤ KRISTA SINCLAIR, FNP-C, RNFA
Scottsdale | 8322 East Hartford Drive Suite 102 Scottsdale, AZ 85255 | Tel. (480) 291-6895 | Fax: (480) 948-3750
Chandler | 1120 S. Dobson Rd. Suite 110 Chandler, AZ 85286 | P: (480) 937-0180 | Fax: (480) 948-3750

Labiaplasty

Post Operative Instructions

DIET

- A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.
- Though it is impossible to get rid of gas entirely, there are strategies to reduce it. Eat and drink slowly, chew thoroughly and cut down on carbonated drinks. Avoid sugar-free gums and sugar-free candies that contain sorbitol or xylitol – both sweeteners are poorly digested and can result in bloating.
- Stay on a soft diet, high in protein, for 2 – 3 days and avoid spicy food which can cause nausea and gas. Then you may resume a normal, high-protein diet.

POSITIONING

- It is best to avoid prolonged sitting as this could add unnecessary pressure to the surgical site thereby increasing swelling to the area. It is best to lie down and remain as flat as possible for the first 3 days.
- As much as possible, allow the area to “air out.” You can wear maxi dresses or flowey skirts to help the area breathe when you are at home.

DRESSINGS, CLEANSING AND SHOWERING

- Ice packs should be applied every 4 - 6 hours for the first 24 hours while awake, placed over a maxi pad. Ice packs should never be applied directly to the skin: Wrap in a paper towel. Use of ice packs will markedly reduce the amount of post-operative swelling and discomfort.
- The surgical dressings can be removed anytime they are saturated and then replaced with a sanitary napkin or maxi-pad.
- Antibiotic ointment (Bacitracin which can be purchased over the counter) should be applied to the incisions twice a day for 14 days (re-apply after using the restroom). Please apply a thin coating only. Excessive amounts of ointment are not necessary.
- You should rinse the area with warm water whenever using the toilet (you can use a clean cup and rinse the area while on the toilet). After rinsing, pat the area dry with a gauze pad or toilet paper, put antibiotic ointment along the incision lines, and replace your maxi pad.
- It is normal to have swelling and bruising of the labia. This will resolve over the next two weeks.

Elite Plastic Surgery
ROZBEH TORABI, MD ¤ RADBEH TORABI, MD ¤ RAMYAR TORABI, MD ¤ KRISTA SINCLAIR, FNP-C, RNFA
Scottsdale | 8322 East Hartford Drive Suite 102 Scottsdale, AZ 85255 | Tel. (480) 291-6895 | Fax: (480) 948-3750
Chandler | 1120 S. Dobson Rd. Suite 110 Chandler, AZ 85286 | P: (480) 937-0180 | Fax: (480) 948-3750

- There will be bloody or blood-tinged drainage for a minimum of 1- 2 weeks following your labiaplasty.
- You may take a complete shower with soap and water 48 hours after surgery. Be careful not to pull or tug on the incision lines or sutures. Use warm water. Do not soak in the bath until 3 weeks after surgery.

ACTIVITIES

- Most patients will experience relatively minor discomfort after a labiaplasty. However, some patients do experience moderate to severe swelling that can cause much discomfort.
- Patients who experience minimal swelling and bleeding should be able to resume sedentary work activities within a few days, resume light exercise at one week, and have no restrictions after two weeks.
- Patients with more excessive swelling and discomfort may want to limit their activities until they feel comfortable and gradually progress to their normal activities.
- You may resume sexual activity 6 - 12 weeks after surgery. This is patient-dependent.
- No overheating for the first three weeks (no hot baths, showers, spas, exercising in the sun, etc). For the first 10 days following surgery, raising your blood pressure (heart rate) will cause bleeding. This includes sexual intercourse and sexual activity.
- You may begin swimming and all exercising 4 weeks post-operatively, if healing is complete.

SUTURES

- Sutures are dissolvable and will not be removed. You may notice a “fishing line” or “string-like” suture along your incision lines. These will eventually dissolve over time and should be left alone.
- If the sutures become uncomfortable and have not dissolved by 7 days, you may have them removed by a medical provider in your hometown. If you are a local patient, Jackie will remove them for you.

WHAT TO EXPECT:

Elite Plastic Surgery
ROZBEH TORABI, MD ¤ RADBEH TORABI, MD ¤ RAMYAR TORABI, MD ¤ KRISTA SINCLAIR, FNP-C, RNFA
Scottsdale | 8322 East Hartford Drive Suite 102 Scottsdale, AZ 85255 | Tel. (480) 291-6895 | Fax: (480) 948-3750
Chandler | 1120 S. Dobson Rd. Suite 110 Chandler, AZ 85286 | P: (480) 937-0180 | Fax: (480) 948-3750

- The skin of the labia may be partially numb for several months (about 9 months) while the wounds are healing. Permanent numbness is very rare.
- Swelling and bruising are a normal expectation following surgery. This will resolve over the next two weeks.
- There will be bloody or blood-tinged drainage for a minimum of 1- 2 weeks following your labiaplasty.
- It is normal to have an itching sensation.
- Asymmetry to the labia is also to be expected in the immediate healing period since one labia may be more swollen than the other. This will improve and be corrected as the swelling subsides.
- It takes 6 MONTHS FOR FINAL RESULTS to appear. In the interim, you may notice incision asymmetry and swelling that changes from day-to-day. Be patient please and try not to focus on these issues before the 6-month period.
- A burning sensation (raw, sensitive) or sharp shooting pains along the abdomen and incision line is normal and indicative of nerve regeneration. These “neuralgias” will burn out by 9 months. The office will contact you the day after surgery to check-up on you, answer questions and book follow-up. (Friday/Weekend surgeries - patients will be called on Monday.)

EMOTIONAL EXPECTATIONS FOLLOWING SURGERY:

- It is not unusual for patients to undergo significant emotional “ups and downs” after any type of surgery. Factors such as underlying stress, medications, and/or psychological tendencies can result in patients experiencing a “post operative depression” that generally resolves after a few weeks. Having a partner, family member, or friend who is supportive can help with this process. Medications Prescribed (not all medication may apply)

Elite Plastic Surgery

ERAS POSTOPERATIVE MEDICATION SCHEDULE

EXAMPLE ONLY: surgery starts at 7:30 AM and ends at 12:00 PM

FOLLOW THE CLOCK - DO NOT WAIT UNTIL YOU ARE IN PAIN. ERAS works best when you take ALL scheduled medications that were prescribed to you at the correct times. Oxycodone and Zofran are the only medications on this handout that are taken AS NEEDED.

*** MAY NOT APPLY TO YOU: JOURNAVX, Lovenox are only used when prescribed.**

BEFORE SURGERY - JOURNAVX* (only if prescribed)

JOURNAVX loading schedule: For a 7:30 AM surgery, follow the example below. Your third dose is taken before you leave home; all later doses are every 12 hours from that dose.

WHEN	EXAMPLE CLOCK TIME	TAKE
24 hours before surgery	**7:30 AM - day before**	2 tablets (100 mg total)
12 hours before surgery	**7:30 PM - night before**	1 tablet (50 mg)
Before leaving home for surgery	**Example: 5:30 AM - surgery day**	1 tablet (50 mg)
12 hours after the leave-home dose	**Example: 5:30 PM**	1 tablet (50 mg)
Continue every 12 hours	**5:30 AM / 5:30 PM**	1 tablet (50 mg) each dose

JOURNAVX food note: Take the first dose at least 1 hour before or 2 hours after food. From the second dose on, JOURNAVX may be taken with or without food. Avoid grapefruit while taking JOURNAVX.

AFTER SURGERY - CLOCK-BASED HOME MEDICATION SCHEDULE

EXAMPLE ONLY: This schedule shows a surgery ending at 12:00 PM. Your actual clock times will depend on when YOUR surgery ends. Use the relative timing in parentheses to shift the schedule to your own surgery time.

EXAMPLE CLOCK TIME / RELATIVE TIMING	TAKE ALL THAT WERE PRESCRIBED TO YOU
12:00 PM (EXAMPLE: surgery ends)	**START HERE: This is the reference point for the example below. If your surgery ends at a different time, shift each clock time using the relative timing shown in parentheses.**
2:00 PM (2 hrs after surgery)	☐ Tylenol 1,000 mg ☐ Toradol 10 mg ☐ Gabapentin 100 mg ☐ Antibiotic - Keflex 500 mg or prescribed alternative ☐ Colace 100 mg + Senna 8.6 mg
4:00 PM (2 hrs later)	☐ Flexeril 5 mg
5:30 PM (12 hrs after AM JOURNAVX)	☐ JOURNAVX 50 mg*
8:00 PM (6 hrs after 2 PM)	☐ Toradol 10 mg ☐ Tylenol 1,000 mg - if under age 50
10:00 PM (8 hrs after 2 PM)	☐ Gabapentin 100 mg ☐ Antibiotic - Keflex 500 mg or prescribed alternative ☐ Tylenol 1,000 mg - if age 50+
12:00 AM (8 hrs after Flexeril)	☐ Flexeril 5 mg
2:00 AM (12 hrs after 2 PM)	☐ Toradol 10 mg ☐ Tylenol 1,000 mg - if under age 50 ☐ Colace 100 mg + Senna 8.6 mg
5:30 AM (12 hrs after JOURNAVX)	☐ JOURNAVX 50 mg*
6:00 AM (8 hrs after 10 PM)	☐ Gabapentin 100 mg ☐ Antibiotic - Keflex 500 mg or prescribed alternative ☐ Tylenol 1,000 mg - if age 50+
8:00 AM (8 hrs after Flexeril)	☐ Flexeril 5 mg ☐ Toradol 10 mg ☐ Tylenol 1,000 mg - if under age 50

Spacing reminder: Gabapentin and Flexeril stay at least 2 hours apart. JOURNAVX may be taken at the same time as either one. Oxycodone is PRN and must stay at least 2 hours from both gabapentin and Flexeril.

Elite Plastic Surgery

ERAS POSTOPERATIVE MEDICATION SCHEDULE

Medication key and important timing notes

SCHEDULED vs. AS NEEDED: Tylenol, gabapentin, Flexeril, antibiotic, Colace, Senna, and Toradol, and any prescribed JOURNAVX or Lovenox are part of the scheduled ERAS plan. Oxycodone and Zofran are the only AS-NEEDED medications on this handout.

WHAT EACH MEDICATION DOES

MEDICATION	PURPOSE	TIMING / IMPORTANT NOTE
Tylenol (acetaminophen)	Pain relief	1,000 mg every 6 hours if under age 50; every 8 hours if age 50+. Age 50+: do not exceed 3,000 mg/day. Under age 50: do not exceed 4,000 mg/day.
Gabapentin (Neurontin)	Nerve pain	100 mg every 8 hours. Helps with itching, burning, tingling, numbness and sharp/shooting pain. May cause drowsiness.
Flexeril (cyclobenzaprine)	Muscle relaxer	5 mg every 8 hours. May cause drowsiness. Do not drive while taking it.
Toradol (ketorolac)	Anti-inflammatory / pain relief	10 mg every 6 hours for the prescribed course. Do not take additional ibuprofen/Advil/Motrin or other NSAIDs while taking Toradol unless your surgical team tells you to.
Antibiotic - Keflex (cephalexin) or prescribed alternative	Prevents/treats bacterial infection	Take the antibiotic you were prescribed every 8 hours. If using a probiotic, separate it from the antibiotic by 2 hours.
Colace + Senna	Constipation prevention	Take every 12 hours. These two medications may be taken together.
JOURNAVX (suzetrigine)*	Non-opioid pain medication	Loading schedule begins 24 hours before surgery, then continues every 12 hours after the leave-home dose. Insurance coverage may vary.
Lovenox (enoxaparin)*	Blood clot prevention	Only for patients/procedures when prescribed. Start the day AFTER surgery and inject once daily for the prescribed course (your office instructions currently note 14 days if insurance covers).

AS-NEEDED MEDICATIONS

Oxycodone 5 mg - AS NEEDED: Take every 4-6 hours as needed for breakthrough/general pain. Keep oxycodone at least 2 hours away from BOTH gabapentin and Flexeril. Do not drive while taking oxycodone.

Zofran (ondansetron) 4 mg - AS NEEDED: Take every 6-8 hours as needed for nausea or vomiting.

IMPORTANT SAFETY / TIMING RULES

- Take every SCHEDULED medication that was prescribed to you at the listed time - even if your pain is controlled.
- Gabapentin and Flexeril are scheduled, but keep them at least 2 hours apart. If you need oxycodone, keep it at least 2 hours from BOTH gabapentin and Flexeril.
- JOURNAVX does NOT need to be separated from gabapentin or Flexeril and may be taken at the same time as either medication.
- Not every medication applies to every patient. JOURNAVX and Lovenox are marked with an asterisk because they may not be prescribed to you.
- Medication type may change because of an allergy or other medical reason. For example, take the antibiotic actually prescribed to you even if it is not Keflex.
- If you miss a dose, vomit a dose, have a medication reaction, or are unsure what to take, call the surgical team before changing the schedule or doubling a dose.