

Elite Plastic Surgery

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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.

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- It is normal to have swelling and bruising of the labia. 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.
- 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:

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- 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)

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Please take all your medications as prescribed.

Scheduled Medications: Please take these medications as scheduled

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Antibiotic: Keflex (cephalexin) 500mg (started day of surgery, is a SCHEDULED medication, please follow the prescription ordered) is an antibiotic you must take for a total of 5 days. (Note that antibiotics may impair birth control pills.)

(*May not apply to you) Blood thinner: Lovenox 30 mg/0.3 ml injectable solution (started day AFTER surgery) is used for the prevention of blood clots after surgery. You or your caregiver will administer 1 subcutaneous injection into your thighs daily for 5 days.

Tylenol (Acetaminophen) (Age GREATER than 60: 1000 mg every 8 hours) (Age LESS than 60: 1000 mg every 6 hours)

As needed: These medications are scheduled “as needed” per your pain level. We provide you with many types of medications that focus on the “type” of pain you are experiencing. If you plan to take more than one of these medications, please plan to take them at least 2 hours apart as they can make you sleepy.

Toradol (ketorolac): 10 mg every 6 hrs = 15 tabs

Type of Pain relief: Anti-inflammatory: Swelling/Pain: (started day of surgery as needed, please follow prescription ordered) This is a different form of Ibuprofen so please stay away from other anti-inflammatories while taking this medication.

Gabapentin (Neurontin): 100 mg; every 8 hours = 48 tabs (16 days)

Type of Pain relief: Nerve Pain: Itching/Burning/Tingling/Numbing/Sharp: (started day of surgery as needed, please follow the prescription ordered) is used for pain relief every 12 hours. Please let us know if you are taking any prescriptions for mood-altering (depression or bipolar) medications as these can potentially interact.

***this medication can make you sleepy, please do not plan to drive on this medication**

Cyclobenzaprine (Flexeril): 5 mg; every 8 hrs = 10 tabs

Type of Pain relief: Muscle Relaxer: Muscle spasms/Muscle cramping: (started day of surgery as needed, please follow prescription ordered) is a muscle spasm medication.

***please do not drive while on this medication**

Oxycodone (Narcotic Pain Reliever): po every 4-6 hours as needed = 30 tabs

Type of Pain Relief: General pain (started day of surgery as needed, please follow the prescription ordered) is an oral narcotic prescribed to manage your pain.

***please do not drive while on this medication**

Docusate Sodium (Colace): Stool Softener: every 12 hours = 14 tabs (7 days)

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Senna: Bowel Stimulant: every 12 hours = 14 tabs (7 days)

You may take the Colace and Senna together.