

## TWO EVENINGS BEFORE SURGERY

1. Shave or wax your pubic area carefully.

## MORNING OF SURGERY

1. Shower with an antibacterial soap, do not use powders or sprays.
2. Eat a light meal before coming in for your procedure.
3. Take approved medications.
4. Do not wear jewelry. Dress in loose, comfortable clothes. Remove all body piercing jewelry from all locations. Wear slip-on shoes.
5. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home.

## AFTER SURGERY

1. Diet- A light diet is best for the rest of the day after surgery. Begin by taking liquids slowly and progress to soups. You may start a regular diet the next day. Please be sure to consume a diet rich in protein after surgery. This will encourage wound healing.
2. Pain Control after Surgery- take medications as prescribed.
3. Incisions- Absorbable stitches are used. These will disintegrate within 2 weeks in most cases. The incisions are placed on the pink, inner surface of the labia minora.
4. Toileting- Use syringe with tap water to clean the incisions after toileting, do not wipe.
5. Showering- You may shower 24 hours after surgery. The incisions can get soapy and wet, but avoid applying full showerhead pressure to them. Avoid submerging under water in a tub or pool for 2 weeks.
6. Positioning- Please avoid placing pressure on your labia for two weeks after surgery. Hard narrow seats should be avoided. Sitting positions that focus pressure on your thighs or buttocks should help to offset pressure on your labia reconstruction.
7. Sexual intercourse- Vaginal sexual intercourse should be avoided for 3 to 4 weeks following labiaplasty. Wait for your surgeon to release you to these activities.

## OTHER POST-OPERATIVE INSTRUCTIONS

1. You may gradually resume normal daily activities after 48 hours, being careful to avoid any activity that causes pain or discomfort. Strenuous activities and exercises are to be avoided until 2-3 weeks after surgery. At that point, you may perform non-impact aerobics like the elliptical. Running, impact aerobics, and light upper body work can start once you are comfortable performing low impact exercises. Start slow and progress as tolerated.
2. Driving may be resumed when you are off regular narcotic pain medicine.
3. Bruising and swelling are normal. This will disappear within 7 to 10 days.
4. Unusual sensations like numbness, sharpness, and burning may occur during the healing process. These sensations may last several weeks and will gradually disappear.