

## Post Operative Instructions

Congratulations, you have successfully completed your procedure and are on the road to recovery! Although Dr. Nosti specializes in minimally invasive surgery, remember it is still surgery and your dedication to the recovery process plays a vital role in the continued success of your surgical treatment. Shortly after your surgery, you may feel completely normal; however, it is important to follow the recommended restrictions to ensure a full recovery with the best possible outcome. It normally takes about 8-12 weeks for the tissues that were operated on to heal 80% of their pre-surgical strength, 6 months for a 90% wound healing and 1-2 years for complete wound healing. After surgery, it is normal to have fatigue that may last for 4 to 6 weeks and some days may be better than others. Thank you for trusting me with your care. If you have any issues or concerns during your recovery please contact our office.

### DRESSING & INCISIONS

- You can expect black and blue discoloration for 2-3 weeks. Swelling can be severe and distort the labia making them seem significantly larger.
- Ice packs should be applied every 4-6 hours for the first 24 hours while awake, placed over a thin Telfa pad or minipad. Ice packs should never be applied directly to the skin.
- Use a minipad and replace it anytime it is saturated. There will be bloody or blood-tinged drainage for a minimum of 1 - 2 weeks following your surgery.
- Sutures are absorbable but often causing itching. This may be relieved with antibiotic ointment or if itching persists the sutures can be removed after 10-14 days.
- Antibiotic ointment should be applied to the incisions twice a day for 14 days. You may switch to an Aloe Vera ointment after two weeks.

### PAIN MEDICATIONS

- You should take the NSAID (i.e. ibuprofen 600mg three times daily) for the first 3-5 days. It is not narcotic and won't cause sedation or interfere with driving. It will help to reduce swelling and decrease your overall need for stronger pain medications.
- You can use the narcotic pain medication in addition to the NSAID if you are not getting adequate pain relief, especially in the first 24 hours. You should not drive while taking narcotics.
- You will also be given a prescription for a topical anesthetic (i.e. lidocaine) that can be used as need for localized pain relief

### 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.
- Diligent post-operative application of ice packs may reduce swelling thereby reducing pain.
- 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.
- As a general rule, you may resume sexual activity 6 to 12 weeks after surgery. This is totally patient-dependent. We will let you know when you are sufficiently healed.
- You can shower the day of surgery or the day after. Pool and tubs are not recommended until the 6 week postoperative visit.

### Call us at (913) 262-3000 if you have:

- Significant bleeding from the surgical site
- A fever over 100.4° F within the first three days following the procedure
- Significant pain in the area that is not relieved with pain relievers
- Drainage from the site or redness around the surgical site