



Labiaplasty Surgery (in-office)

Post-Operative Instructions

The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.

What to expect:

- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Bruising, even significant bruising is common around the vaginal and labial areas. This typically resolves over 1-3 weeks.
- Swelling is very common after surgery. It usually takes several weeks to fully resolve. DO NOT apply ice directly to the area, ok to use frozen peas or cool compresses.

Pain Medication:

- **Take pain medication as prescribed.**
- **For pain that is less intense it would be appropriate to take Tylenol 500 mg two tablets every 6 hours (not to exceed 2000 mg in 24 hours) and Ibuprofen 600 mg every six hours, if it is not contraindicated for your health and you have not been prescribed Celebrex.**

Diet:

- Follow a balanced diet and be sure to increase your fluid intake.

Activities:

- Elevate your legs as much as possible the first week.
- Listen to your body and rest when you are tired.
- Lifting should be no more than 5-10 pounds for several weeks.
- You may sponge bath or shower 48 hours after your procedure. Using temped/luke warm soapy water, allow it to rinse over your body, followed by patting dry the area. Avoid hot or very warm water to prevent engorgement and increase swelling of soft tissues.
- Approximately 1-2 weeks is when most patients can return to either limited restriction or full work duties.
- Avoid sexual activity for a minimum of 4 weeks. Sexual intercourse can be painful and may delay healing, increase swelling, bruising, and pain. After your 2nd postoperative visit, it will be determined if sexual activity may resume.
- Avoid hot tubs and swimming for a minimum of 4 weeks.



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PLASTIC SURGERY & AESTHETICS

Wound Care:

- You may remove the dressing and undergarments.
- It is okay to change your dressings as needed to keep clean and dry. Maxi pads work well as inexpensive surgical gauze and they don't interfere with the healing process.

Call Dr. Holland if:

- Your temperature is greater than 101. It is not uncommon to have a low-grade fever after surgery.
- You have increased swelling and/or bruising.
- You have increased redness around the incision and/or if pus (yellowish or greenish drainage with a foul odor) drains from the incision.
- Severe or increased pain not relieved by medication occurs.
- Severe bleeding occurs. Apply direct pressure to the area.
- You develop symptoms of a yeast infection.

Follow up:

Please make your follow-up appointment by calling the office or as instructed by Dr. Holland. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland directly.**