

# **Labioplasty Surgery Instructions**

## **Before Surgery**

Arrange for transportation to and from the office or Surgery Center and for a responsible adult to stay with you for several hours following surgery.

Two weeks before surgery, discontinue and avoid taking aspirin containing products (aspirin, Bufferin, regular Anacin, Fiorinal, Easprin, Aspirin with codeine, Darvon compound, Soma compound, and all Alka-Seltzer products).

Four days before surgery, discontinue all anti-inflammatory drugs such as Advil, Aleve, Clinoril, Feldene, Indocin, Meclomen, Naprosyn, Motrin, and Relafen.

You may take Tylenol, Datriol, Panadol, or Anacin III as needed.

## **Day of Surgery**

Please do not eat or drink anything after midnight except as noted below.

You may take your usual morning medications with a sip of water.

Please shower the morning of surgery; remove contact lenses.

Wear comfortable clothing (loose blouse, button-down shirt).

## **Day # 1:**

The most important thing to do on the day of surgery is to relax and rest. During the day, rest in either an easy chair or in bed with your back and knees supported by pillows. When you go to bed, sleep with 2-3 pillows under your knees. Keep your head and back elevated with 2-3 pillows.

Apply the polysporin to incision line twice a day and more if necessary. A sanitary napkin is applied to the incisions to prevent soilage of the under garments. This can be changed as necessary and twice a day until the wound stops leaking. (usually 5 to 7 days)

Every hour exercise your calf muscles for 10 minutes to keep the blood circulation in your legs.

Take your prescribed pain medication as needed to remain comfortable. If you have nausea or vomiting use the suppositories as directed.

Ice packs can be applied to the area to help reduce swelling during the first 24 hours. Use a timer and only leave the ice on the affected area for 20 minutes at a time. The area will be numb for up two days and frostbite can occur if the ice is left on the skin for too long of periods.

Drink plenty of liquids. Avoid alcohol and caffeine. Try to avoid excessive straining if you have a bowel movement.

Do not attempt to do any work around the house. Avoid bending over, lifting or straining. Stay in bed with your back and legs elevated by pillows.

The following should prompt a call to Dr. Perry at the numbers listed below:

- Difficulty breathing
- Pain or nausea/vomiting unrelieved by the medications

Showering is okay the day following surgery Tub baths are usually okay 2 weeks following surgery.

**Day # 2**

Continue applying the polysporin or bacitracin ointment to the incision line twice a day and change the dressings as needed.

Continue to drink plenty of liquids and start solid foods as tolerated.

Continue ambulation.

**Day # 3**

Most patients are starting to feel better by day # 3 though you will still feel tired and sore.

Swelling is at its most extensive point today and will start to decrease later today for the next 6 weeks.

Driving or operating machinery must be avoided for at least the first week and while taking narcotic pain medication or if unable to painlessly make the body movements required for driving safely.

Dr. Perry may be reached for urgent problems or questions. [www.charlesperry.md.com](http://www.charlesperry.md.com)