

## PRE AND POST-OPERATIVE INSTRUCTIONS:

### Labioplasty

After labial surgery, considerable discomfort is to be expected. This can be controlled with the prescriptions your physician has given you. Use these as directed. Ice packs can be applied to the groin, one hour on/off for the first two days as needed.

Nausea is controlled with the medication that your physician has given you. Take as directed. If you continue to experience nausea, please notify your physician.

After surgery, you will have a sanitary napkin place to prevent soilage of your undergarments.

It is okay to take showers after surgery. You may use gentle cleansing soap bar such as Dove, Basis, or Cetaphil.

Avoid direct water pressure to the incision line.

Avoid sexual intercourse or other forms of trauma to the surgical incision for six weeks.

Apply antibiotic ointment to the incision line twice a day for the first two weeks.

It is very important that you keep your first post-operative appointment. You will need to have someone drive you to this appointment. Take your pain medication before coming. Swelling and discoloration of the labia is normal and usually disappears within two weeks.

Some degree of firmness and swelling of the labia is expected for a few weeks to even a few months.

The time it takes to return to work, driving, and exercise varies from patient to patient. Please discuss this with your physician. Call the office is you experience any swelling, bleeding, or severe pain that is not controlled with the pain medication.

Sincerely,

Dr Perry