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**POST-SURGICAL LABIAPLASTY**

You can expect swelling and bruising. There may be some bloody drainage. You will need to wear a Kotex pad for the first week after the procedure and then as needed.

Cloth bathroom wipes may be used rather than toilet paper if desired.

You may shower 24-48 hours after surgery. Pat the incisions dry. Do not rub the sutures.

Apply ice for 20 minute intervals to the incisions for 3 days. Do not apply ice directly on the area. You may wrap the ice in a washcloth and then apply. Frozen peas or frozen corn also works well as an ice substitute.

Elevate your lower body on pillows for 3 days to reduce swelling. Sleep in this position if possible.

No tampons, sexual intercourse, tight pants or biking for 6 weeks after the procedure.

Do not use a heating pad or hot water bottle on the operative site as this may cause a burn.

Take the pain medication as needed. I would rather you take enough pain medications so that you can move about. It is easier to keep up with the pain than catch up. Your prescriptions are for after surgery only.

Your pain medication may cause constipation. Take 100 mg of Colace by mouth twice a day starting the night of surgery. This is an over the counter drug that helps prevent constipation. Stop taking Colace for loose stools. You may take Milk of Magnesia, Miralax, Senna, Mag Citrate, or laxative of choice as needed.

No vigorous activity for 2 weeks and then within reason.

**CALL THE OFFICE AT 214-823-9652 FOR THE FOLLOWING:**

* YOU HAVE A FEVER OVER 101.5 DEGREES
* YOU HAVE SUDDEN INCREASE IN SWELLING
* YOU HAVE UNUSUALLY SEVERE PAIN
* THERE IS REDNESS OR THICK DRAINAGE AROUND ANY OF THE INCISIONS
* YOU HAVE SWELLING OR PAIN IN ONE LEG OR SHORTNESS OF BREATH

CALL 911 IF YOU EXPERIENCE A TRUE MEDICAL EMERGENCY