

Patient Name:
Date of Surgery:



Labiaplasty Discharge Instructions

- Keep your incision dry until first post-operative appointment. Sponge baths only until then.
- Must use a tight underwear or spanx to help with pressure.
- Do not remove stitches or steri-strips. They will be removed in the office when you come for your follow-up appointment.
- No driving for at least 48 hours after taking last pain medicines.
- You may resume eating and drinking after discharge. Start off slow and drink plenty of fluids.
- While you are on pain medicine you will tend to get constipated so take something to prevent this, including:
 - A. Colace – 100 mg twice a day
 - B. Metamucil
 - C. FiberCon
 - D. Miralax
- Get up and walk around the house once an hour and move feet/legs while in be/recliner to promote circulation and help prevent blood clots.
- Do not take aspirin or aspirin-containing products for one week after surgery. (Examples: Motrin, Ibuprofen, Advil, Aleve)
- Call if you experience significant perineal swelling, one leg significantly more swollen than another, or have difficulty urinating.
- You may develop a lump and/or redness at you IV site. If so, apply a warm compress (cloth soaked in warm water) to the area. If this develops and does not improve within 24 hours, call the number listed at the bottom of this page.

Problems rarely occur following this procedure. However, if any of the following occur;

-Temperature above 101.0 degrees

-Increased bleeding from incision site

-Increased pain

-Operation site redness

-Excessive Drainage

Please call: **469-325-2073**

I acknowledge receiving the above instructions and understand the explanation of these instructions.

Patient: _____

Escort: _____

Nurse Signature: _____

Date: _____