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Labiaplasty Post-Op

- **BLEEDING:** Small amounts of oozing and bleeding are common and expected. Feel free to change the gauze as needed at home. If the bleeding is more than a slow staining of the dressings, apply firm pressure for 20-30 minutes. Should heavy bleeding occur, apply firm pressure and call the office immediately at 479-521-1500.
- **BRUISING AND SWELLING:** Bruising and swelling are expected with surgery. Bruising typically resolves in 1-3 weeks. Swelling will begin to improve in 48 hours; however, may take 3-6 months to fully resolve.
- **ACTIVITY:** Do not lift anything over 5 pounds for 2-3 days. As you begin to resume normal activity, refrain from any action that causes pain. You should not resume weight lifting or any high impact activities for 4 weeks. You may begin to exercise 14 days after surgery, but should discuss your exercise routine with Dr. Taylor at your postoperative visit.
- **PAIN:** Mild to moderate discomfort is normal after surgery. Please follow instructions given to you with your pain medications.
- **DRIVING:** You may drive when driving does not cause pain. You must wait 24 hours after anesthesia and until you are no longer taking pain medications before you resume driving. This would be driving under the influence and you would endanger yourself and others.
- **SHOWERING AND BATHING:** You may shower 24 hours after surgery. Strictly avoid tub baths, hot tubs, swimming pools, oceans, and lakes until the incision is completely healed and no longer forming scabs.
- **HEMATOMAS:** Hematomas are the collection of blood and fluid under the skin or muscle. They are rare, but must be reported immediately. A hematoma is evidenced by significant change in swelling in an area which appears to be growing. If you see evidence of a hematoma, contact Dr. Taylor's office immediately: Dr. Taylor and his staff will meet you back at the clinic to assess and possibly drain the hematoma immediately.
- **INFECTION:** Although infection is unusual after this type of surgery, please take all prescribed antibiotics until full prescription is empty. Signs of infection include drainage with foul odor, yellow or green drainage from the incision, fever of 101 degrees (usually accompanied by chills), or redness and warmth around the incision. These are symptoms which need to be reported. **WARNING: Smokers have a greater risk of skin loss and wound healing complications. Do not smoke while**

your body is trying to heal from surgery.

If you have any questions, please contact our office at 479-521-1500. We have a nurse on call 24hrs a day. In case you cannot contact someone and you have an emergency, go straight to the hospital.

I understand and have received a copy of the post-op instructions

Signature: _____ Date: _____