



MARK GITTOS | PLASTIC SURGERY

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## LABIAPLASTY POST OP INSTRUCTIONS

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### GOING HOME

- Ensure you have your scripts and medications with you
- Organise a friend or family member to pick you up from the hospital
- Organise where you are going to sleep at home (bed/recliner), prepare a pillow for each side of your body and a few for sleeping on your back
- Arrange to have light meals post- surgery as anaesthetics can cause nausea
- Drink lots of water post- surgery
- Bring some comfortable loose clothing with you to the hospital, preferably loose track pants and underwear- no jeans or tights.
- Organise unscented baby wipes for personal
- Prepare ice packs to intermittently apply to the area for 3 days after surgery to minimise swelling
- Never apply ice directly to the skin or incision site, pack ice in a thin clean face washer
- Ensure you have organised sanitary pads, and Epsom salts

### POST SURGERY

- You will be required to wear full size comfortable underwear (no g- strings) for the first 6 weeks and perhaps a pad
- You will be wearing compression socks from the hospital, keep these on for 3 days or until you are walking comfortably

### MEDICATION

- At the hospital you will be given a script and instructions for pain management by the anaesthetist
- You also may or may not be given antibiotics by the anaesthetist to be taken over the next 5 days (take as per the instructions)
- You may take Panadol (Paracetamol) every 4-6 hours
- Only take medication that is prescribed
- Constipation is very common due to the pain medication and anaesthesia. Please use an over the counter or any laxative that has worked for you in the past. You may start taking something 2-3 days post-surgery

### WHAT TO EXPECT

- You should be comfortable at home however you are likely to experience swelling, tenderness, and a mild ache around the area
- The pain medication prescribed will relieve it slightly but not completely
- You may experience the swelling for up to 1 to 2 weeks it generally improves over 6 weeks
- Itching is normal for the first few weeks post-surgery

## **INCISION/WOUND CARE**

- Use unscented baby wipes to gently pat the area clean for personal hygiene and after using the restroom
- Do not wipe the area
- You may shower from day 2 post-surgery do not use soap or rub the area, do not saturate the area
- Once a day take a warm bath x 15 minutes in Epsom salts (which are ph neutral)

## **ACTIVITIES**

- The first 48 hours: You should relax at home ensure that you have an adult with you that can help during this time
- Walking: We encourage you to start walking around at home to start with as soon as possible to minimise the risk of blood clots
- Normal activities: Ease back into normal activities – most women can return to work after 7 days
- Driving: You can drive after 7 days provided you are no longer taking strong pain medications
- Smoking: You must not smoke for the first 6 weeks, doing this could lead to wound problems, poor scarring and an increased rate of capsular contraction
- Lifting: no heavy lifting for 4-6 weeks ie, squats or lunges at the gym
- Swimming: No ocean or pool water for 6 weeks post surgery or until incision is fully healed
- Sun exposure: No tanning, fake tan or sun exposure to the incision until it has completely healed
- Other: No tampons for 6 weeks. No sexual activity for 6 weeks. No strenuous activity such as sports, running, dancing, bike riding etc for at least 6 weeks post surgery

## **POST SURGERY APPOINTMENTS**

- You will need to see Dr Gittos or his nurse in his rooms 1 week after surgery to check the progression of your healing
- Please make this appointment when confirming your surgery date with Petrina or Ita on 529 5352

## **WHEN TO CALL US**

- If you experience any of the following symptoms you should contact us promptly
- If there is redness on the incision line
- Constant severe pain
- Consistent itching – if the itching gets worse after a week or 2, we will give you Canestin
- Consistent bleeding or constant oozing from the wounds
- Fever