

ROD J. ROHRICH, M.D.
PLASTIC SURGERY

LABIAPLASTY
AFTER CARE INSTRUCTIONS

WHAT TO EXPECT

- This is an outpatient surgery. Have someone drive you home after surgery and help you at home for 1-2 days.
- There will be swelling and discoloration for 1-2 weeks, possible longer. There initially may be numbness around the area.
- Decreased activity and pain medications may promote constipation, so you may want to add more fresh fruit to your diet, increase fiber intake, and be sure to drink plenty of fluids.
- Take pain medication as prescribed. Do not drink alcohol with medication.
- Do not smoke. Smoking delays healing and increases the risk of complications.

INCISION CARE

- As soon as you get home, wash your perineal area with plain soap and water 4-5 times a day and each time you use the washroom. Use a clean cloth to wash.
- A Sitz bath may be performed 3-4 times a day for comfort.
- You may apply some antibiotic ointment to the area for the first 48 hours post op.
- Change the sanitary pad as needed. Drainage is to be expected. Keep the incisions clean, dry and inspect daily for signs of infections.
- Your labia may appear swollen and bruised. This will be examined at each follow up visit to ensure your swelling and bruising is normal.
- Most if not all sutures will fall out on their own in the next 10 days, the rest will need to be removed at your next follow up visit.

ACTIVITIES

- Walk as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking pain medications.
- **No sexual intercourse, swimming, sauna, or exercise that would raise your heart rate above 100 beats per minute for 4 weeks.- very important as this can break down the surgical improvements and cause an open wound !!**

WHEN TO CALL

- If you have increased swelling, redness, or bruising that last after 3 days.
- If increased redness develops along the incision site.
- If you have increased or severe pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, vomiting, or headache.
- If you have increasing yellowish or greenish drainage from the incision or notice a foul

- order or develop a fever over 100.5 degrees.
- If you have bleeding from the incisions that is difficult to control with light pressure.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH

If you are one of our patients, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Rohrich anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

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