



DR JONATHAN
TOOGOOD

PLASTIC & RECONSTRUCTIVE SURGEON
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LABIAPLASTY

PRE & POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

- Please advise the doctor if you are taking any blood thinning medication (e.g. Warfarin, Disprin, Aspirin, etc.)
- This will need to be discontinued prior to surgery as per your doctor's instructions.
- Uncontrolled high blood pressure raises the risk of bleeding complications in all forms of surgery – please ensure your blood pressure is well controlled prior to your surgical date.
- DO NOT take any of the following medications prior to surgery:
 - Anti-inflammatories (e.g. Brufen, Ibuprofen, Myprodol, Voltaren, etc.)
 - Homeopathic medications (e.g. Arnica, Rescue Remedy, St John's Wort)
 - Vitamin E (oral or topical)
- Take a bath or shower with antibacterial soap (or Bioscrub/AcuSanX) on the morning of your admission.
- Do not apply any body lotion.
- Regardless of whether you are having a general anaesthetic or conscious sedation – you should not eat or drink anything for 6 hours prior to surgery.
- If you are a smoker – NO SMOKING for 3 months prior to surgery.
- Bring comfortable cotton underwear.

POST-OPERATIVE INSTRUCTIONS

- You will need someone to drive you home after your surgery and help you at home for 1 to 2 days.
- You will need plenty of rest.
- Decreased activity and pain medication may promote constipation, so you may want to add more fruit and fibre to your diet.
- Be sure to increase your fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible – this helps to reduce swelling and lowers the chance of blood clots in your calves.
- Do not drive until you are no longer taking any pain medications.
- Discuss your time off from work with your surgeon; this varies according to the surgery.
- Resume sexual activity as comfort permits, usually 4 to 6 weeks post-operatively.
- Patients with more excessive swelling and discomfort, may want to limit their activities until they feel comfortable and gradually progress to your normal activities.
- Strenuous exercise and sports activities should be avoided for 3 to 4 weeks depending on the extent of the surgery.

INCISION CARE

- Do not soak in the bath while sutures or drains are in place.
- Surgical dressings can be removed anytime they are saturated and then replaced with a sanitary pad.

WHAT TO EXPECT

- Discomfort will be maximal in the first 3 days, improving each day thereafter.
- You may experience temporary pain, soreness, numbness and swelling.
- You may tire easily for several weeks.
- There will be bloody or blood-tinged drainage for a maximum of 1 to 2 weeks following your labiaplasty.

FOLLOW-UP CARE

- Surface stitches will be removed in 4 to 7 days post-operatively.
- Remaining sutures will dissolve 6 to 8 weeks post-operatively.

WHEN TO CALL

- If you have increased swelling a few days after surgery.
- If swelling and redness persist after a few days.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as rash, nausea, headache and vomiting.
- If you have an oral temperature over 38°C.
- If you have any drainage from the incisions or notice an odour.
- If you have bleeding from the incisions that does not stop with light pressure.

EMERGENCY NUMBER: 072 543 5998

Please visit the website for more information.
www.doctortoogood.co.za