

## After your Labiaplasty

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### Instructions and Information from Dr. Dauwe

You will be drowsy following surgery; we have given you medicine to help make you more comfortable. Expect to wake and doze on and off during the evening. The drowsiness will disappear in the evening or overnight. The day following your surgery you will feel a bit tired, but go ahead and begin to try and resume your normal activities... walking, sitting, etc.

You may be a bit “stiff” when you first wake the morning following surgery. Go ahead and move about without fear of disrupting anything.

It is not unusual to have some nausea following surgery. Although we have given you medications, these medications are only about 80% effective and you may still experience a bit of nausea. If so, simply relax and don't try to eat heavy foods—begin with clear liquids and work your way up to solid foods.

You have been given a prescription for pain medication. Please take a pill before bed the evening of surgery (preferably after you have kept something in your stomach to avoid stomach irritation). It is a good idea to take another pill the morning following surgery since you may feel a bit stiff and uncomfortable when you begin to move about. Discomfort following surgery is generally mild to moderate. This can last several days to 2 weeks following surgery. If you begin to experience significant pain, please notify the office immediately.

You received antibiotics in your IV prior to surgery. Infection following any type of plastic surgery is extremely rare. Infection is usually not apparent for several days following surgery. If you notice significantly increased redness or swelling accompanied by tenderness or fever at any time, call so that we may examine you. It is normal to experience temperature elevations of 101°F following surgery for many patients. If your temperature elevates above 102°F please notify our office.

Expect to have more swelling when you awaken the morning following surgery. You will notice more bruising the morning following surgery than the day of surgery. This bruising will begin to disappear in about three days when the swelling does begin to decrease. Swelling resolves at different rates in different people.

The degree of swelling will be different on the two sides even though the same procedure has been performed. Do not worry about any differences in swelling or bruising you see for the first three weeks after surgery.

Your incisions have been closed with multiple layers of stitches. These will all dissolve and no sutures need to be removed. You may shower 24 hours after surgery. A small amount of water on the incisions cause no harm. Do not soak the incisions in water or apply any other material to them. Do not submerge the incisions in still water for 6 weeks—this includes baths, pools, and hot tubs.

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Avoid any type of aerobic exercise (any activity which elevates your heart rate above 100) for a minimum of three weeks following surgery. When your pulse rises, the accompanying rise in blood pressure can cause bleeding. Gradually resume exercise beginning at three weeks following surgery. Avoid any type of contact sports for a minimum of 4-6 weeks. Avoid intercourse, bicycle, motorcycle, and horseback riding for six weeks to prevent disruption of the incision.

If you experience bleeding at any time, try to relax (this is imperative to avoid getting overly excited because this will lead to a rise in your blood pressure) and lie down. Use a moist washcloth and apply gentle pressure. By relaxing and holding this pressure for 15-20 minutes, virtually any bleeding will stop. Should relaxation and pressure not work, and excessive bleeding continue please call the office immediately.

If you have additional questions or should any problems arise, please contact the office immediately by phone at 214-821-6580.