

# Labioplasty Postoperative Instructions

## **Pain Medication:**

- Take 2x paracetamol tablets (Panamax, Panadol) every 6 hours regularly for the first 3-5 days.
- You can also take ibuprofen (Nurofen or Brufen), 400mg up to three times a day with food if required.
- For severe pain, take oxycodone (endone) or Panadeine forte as instructed on the packet.
- If your pain is severe and not relieved by endone, please call the office or Dr Vrtik (if after hours).

## **Ice Packs, Swelling and Bruising:**

- Do not sit as the swelling and bruising will worsen. Lie down and place an icepack in between your legs for the first 48 hours after the operation to decrease swelling and pain.
- It is not uncommon have pain when sitting for the first 5-7 days. The swelling is usually at its worst around day 2-3 after the operation.
- It is unusual for the swelling or pain to worsen after 5 days. If this occurs, you may have an infection, please contact the rooms.
- The swelling and bruising will start to improve after 5-7 days, in some, up to 2 weeks.

## **Dressings & Hygiene:**

- You may shower and wash as normal everyday. After toileting, use a Pump water bottle, and rinse your perineum with water. Wipe dry gently from front to back.
- You may need to wear a panty-liner to prevent spotting on your underwear for the first three days.

## **Diet:**

Recovering from a general anaesthetic is like recovering from the flu. Start with clear liquids; then advance to soft, non-spicy foods over the next 2 days.

## **Activity:**

- Remain reclining and quiet for the first 24 hours, minimise walking and standing for the first 24 hours. Try not to sit for the first 3-5 days. Avoid bending, heavy lifting, pushing, pulling or straining for at least a week. All these activities may cause bleeding, bruising and swelling.
- You should be able to drive after one week and you can tolerating sitting as well as shifting your weight in the car-seat.
- You can start exercising at 25% of your normal level after 2-3 weeks, graduate your level progressively over the following 4 weeks to follow. Intermittent swelling of your surgical site with activity and tiredness is not unusual in the first 3 months.
- Sexual intercourse can recommence after 3-4 weeks depending on your comfort level.

## **Follow-up:**

- Follow-up is usually 5-7 days after surgery for wound check. Your sutures are dissolvable, however, if they are irritating, they can be trimmed or removed at this appointment. Make sure you call the office to establish date and time if you have not already received your first post-operative appointment.

**Please Ring the Office if:**

- You have a temperature over 38 degrees Celsius 48 hours after surgery. (A low-grade fever up to 37.5 degrees Celsius for 1-2 days is normal after surgery)
- The swelling worsens after 5 days.

**What to Expect after Labioplasty:**

- While the surgical site is swollen, there may be some asymmetry. The appearance may also look unnatural. DO NOT WORRY. This will improve as swelling subsides. MOST SWELLING AND BRUISING WILL PERSIST FOR AT LEAST SIX WEEKS, UP TO THREE MONTHS, SOMETIMES EVEN LONGER. THIS IS VERY COMMON. YOU MUST BE PATIENT TO ALLOW EVERYTHING TO HEAL AND SETTLE NATURALLY.
- When the nerve recovers, you may experience tingling, buzz, or electric shock sensation periodically around the surgical site. This is expected, and will disappear after a few months.
- The irregularities, pleats and puckers around the suture lines will settle. They smooth out with time but can again take several weeks.
- Sometimes, the sutures can take a while to dissolve and cause irritation 4-6 weeks after your appointment. If this occurs, please ring the office and make an appointment with the nurse to have them removed.

**Contact Telephone Numbers:**

During Office Hours and Non-Urgent Matters – 3353 6165

After hours and for Emergencies only – 0421739149

