

Labiaplasty Discharge Instructions

Diet: Start with a regular diet high in protein and low in sodium as tolerated.

Medications:

- Take all medication as directed. Please refer to your medication sheet provided by Dr. Criswell.
- Take stool softener as instructed to prevent constipation.
- Use pain medication as needed for pain and discomfort. **DO NOT DRIVE WHILE TAKING PRESCRIPTION PAIN MEDICATION.**
- You can use Ibuprofen (Motrin, Advil) 800 mg 3 times a day, as needed for discomfort, **starting 24 hours after surgery.**
- Take your antibiotics, **as prescribed**, starting the day of surgery.

Activity/Wound Care:

- After 24 hours you may shower. Use tepid water only when showering. Make sure you have someone with you the first time you shower in case you start to feel light-headed. No soaking bath for 2 weeks.
- Use squirt bottle with tap water every time you use the restroom for the first 7 days. Pat dry. Apply ointment.
- Use antibiotic ointment twice a day (in addition to using after the restroom) for 7 days to incision. May also use panty liner to protect clothing from ointment.
- Ice as much as possible for the first 24 hours (you cannot ice too much).
- It is normal to feel itching in the operative area. This is part of the healing process. Use ointment as needed for comfort.
- No lifting heavier than 10 pounds or increasing heart rate for at least 3 weeks after surgery. No exercise until cleared by Dr. Criswell. No sexual activity or tampons for 6 weeks after surgery.

Post-op Visits:

- Post-op visits are very important. Follow up with scheduled appointment. If you were not given a follow-up appointment, please call the office within 24 hours of your procedure to arrange an appointment.
- Then you will be seen again as follows: 1 week, 3 weeks, 6 weeks, 3 months, 6 months, and 1 year out from surgery.

Additional Discharge Instructions:

IF YOU HAVE AN IMMEDIATE EMERGENCY, PLEASE CALL 911
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Please call the office at (704) 424-5050 if you experience any of the following:

- Rash or hives
- Fever of 101 or greater
- Persistent nausea or vomiting

If it is after hours please call the office telephone number. Have the operator page the nurse on call. If your call is not returned within 15 minutes, please call the answering service again. If for any reason the power is out at our office, please call the answering service directly at 704-227-2344.

If you have questions or concerns that are not an emergency, please call the office telephone number during regular business hours, or leave a message on our voice mail after hours. If you have an immediate medical concern during regular office hours, please ask to speak with a nurse.