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**Postoperative Instructions – Labiaplasty**

Be certain to read these instructions carefully prior to your surgery and follow them closely.

**MEDICATIONS**

The following medications have been prescribed by Dr. Hayes

|                     |                         |          |              |
|---------------------|-------------------------|----------|--------------|
| Diflucan 150mg      | Once (only if needed)   | Once     | ANTIFUNGAL   |
| Metoclopramide 10mg | Every 6 Hours as needed | x 3 days | NAUSEA       |
| Ondansetron 8mg     | Every 8 Hours as needed | x 3 days | NAUSEA       |
| Oxycodone 5-10mg    | Every 4 Hours as needed | x 7 days | PAIN CONTROL |

The following medication(s) should be purchased over-the-counter:

|                     |                         |            |                |
|---------------------|-------------------------|------------|----------------|
| Bacitracin Ointment | 3x/day                  | x 5 days   | ANTIBIOTIC     |
| Docusate 200mg      | Twice daily             | x 5-7 days | STOOL SOFTENER |
| Senna 2 tabs        | Twice daily             | x 5-7 days | STOOL SOFTENER |
| Tylenol 325-650mg   | Every 4 Hours as needed | x 5-7 days | PAIN CONTROL   |

**IMMEDIATELY AFTER SURGERY**

- Return home after surgery to elevate pelvis and begin using ice packs.
- Pain Meds: Take Tylenol regularly and Oxycodone as needed for pain control.
- For the first 48-72 hours while you are awake, ice packs should be applied every 4 hours. Apply for 30 mins and then remove. Ice should be placed over a thin minipad. Ice packs should never be applied directly to the skin.

**GENERAL INSTRUCTIONS**

- Contact Dr. Hayes immediately should you develop any sudden pain, swelling or fever.
- Do NOT drive, or drink alcohol, if taking pain medicine.

## **ACTIVITIES**

- You have just undergone a major surgical operation. The only activity permitted for the first two weeks is walking, which you should do at least 3 times per day.
- Okay for gentle aerobic activity at 3 wks (keep heart rate below 100 beats per minute)
- Full cardio after 4 weeks.
- No direct pressure on labia for 6 weeks (spinning, bike riding).
- Vaginal intercourse, and tampon use, is not recommended for 6 weeks postoperatively. Dr. Hayes will discuss this with you at your 6 week postoperative appointment.
- Do not drive if you are taking any pain medications or muscle relaxants.

## **INCISION CARE**

- If possible, elevate your pelvis while you are recovering for the first few days postoperatively. A recliner is ideal, but you may also place a pillow under your pelvis while lying down.
- For the first 48-72 hours while you are awake, ice packs should be applied every 4 hours. Apply for 30 mins and then remove. Ice should be placed over a thin minipad. Ice packs should never be applied directly to the skin.
- The surgical dressings can be removed anytime they are soiled and then replaced with the Bacitracin ointment and a sanitary napkin or maxipad.
- There will be blood-tinged drainage for a minimum of 1-2 days following your labiaplasty.
- You may shower 24 hours after surgery, with assistance. Let the water run over the area but do not directly wash or soap the incisions. Pat dry. Do not over clean the vaginal area.
- Use a spray or squirt bottle with warm water on the vaginal area after urinating and bowel movements. Pat dry.
- No tub soaking for three weeks postoperatively
- After 5 days of bacitracin ointment application, switch to using Vaseline on all incisions twice daily with a clean fingertip or Q-tip. Avoid other ointments or lotions during the first month of healing.

- Keep incisions clean and inspect daily for signs of infection (redness or excess drainage).
- Some spotting and drainage is NORMAL. You may place a feminine napkin to keep your garments clean.

### **APPEARANCE**

- Your labia will be swollen, which will be greatest on the third postoperative day. This will slowly resolve over the ensuing weeks.
- You may be able to see “bumps” that correspond to the suture line. All sutures are resorbable. Some suture may require removal at the two week office visit.
- Some bruising is expected after your procedure. Bruising may be noted in the groin region.

### **WHEN TO CALL**

- If you have increased swelling or bruising, or sudden labial asymmetry.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

***PLEASE CALL DR. HAYES OR THE OFFICE WITH ANY QUESTIONS OR CONCERNS:  
503-297-9340***