

Post-Surgical Instructions

Ensure you read these instructions carefully prior to your surgery and follow them closely.

Medication Guidelines: Have all medications prescribed by Dr. Hayes filled prior to your surgery date.

The following medication(s) should be purchased over the counter and taken regularly for all procedures:

Miralax 17g	Once daily	5-7 days	Stool Softener
Tylenol 325-650mg	Every 4 Hours as needed	5-7 days	Pain Control

Breast Augmentation Procedure Additional Instructions:

Ibuprofen 600-800mg	Every 8 Hours as needed	5-7 days	Pain Control
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Labiaplasty Procedure Additional Instructions:

Bacitracin Ointment	3x/day	5 days	Antibiotic
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Immediately After Surgery All Procedures

- For pain control, review and follow the medication instructions on bottle.
- No driving if using narcotic medications.
- Do NOT apply ice to surgical area. The risk of frostbite is too high.
- Showering is permitted any time following surgery, and it is acceptable for the band-aids to become wet. Allow water to gently run over the area; however, do not apply soap directly to the incision(s) or scrub the site. Gently pat the area dry and avoid over-cleaning.
 - If you have a Prevena, leave machine running and place in plastic bag to keep dry.
- If band-aids are in place, minor fluid drainage from the incision site is common. Absorbent gauze may be used as needed to manage any leakage.

Labiaplasty Procedure Additional Instructions:

- Elevate pelvis and begin using ice packs. For the first 72 hours while you are awake, ice packs should be applied every 2 hours. Apply for 30 minutes and then remove. Ice should be placed over a thin minipad. Ice packs should never be applied directly to the skin.
- There will be blood-tinged drainage for a minimum of 1 to 2 days following your procedure. You can use a sanitary napkin or maxi pad.
- After using the restroom, you can irrigate with warm water and gently apply bacitracin ointment for the first 7 days.
- After the first 7 days, you can start applying Vaseline to the area as needed.

Tummy Tucks Procedure Additional Instructions:

- Wear compression stocking 24 hours per day for 7 days, except to shower.
- A tummy tuck binder will be applied after surgery. This binder should not feel tight or painful. It is intended for your comfort, and you may adjust it as needed.

Post-Surgical Instructions

- For the first 10 days stay flexed at hips at 45 degrees (both awake and sleeping). More than 45 degrees is okay, but NOT less. After 10 days, you can slowly stand upright.
- No Garment/girdle should be used until your drains are removed and you are cleared by our staff.
- Lymphatic massages are okay but not routinely recommended by Dr. Hayes. You must be a at least 3 weeks post-op and able to lie flat comfortably.

General Instructions

- Contact the office immediately should you develop any sudden pain, swelling, or fever.
- Stay hydrated. Drink plenty of water and electrolytes.
- Leave all band-aids or Prevena in place for removal at clinic during post op visit(s).
- Avoid sleeping on your stomach for the first 6 to 8 weeks after surgery.
- Keep a daily drain log of output and bring to all post-operative visits if applicable.

Breast Procedure Additional Instructions:

- Contact our office immediately should your nipples appear pale or purple (signs of vascular compromise).
- Bring surgical bra to each visit if applicable.
- No underwire or push-up bra for the first 6 weeks or until cleared by our staff.

Activities All procedures

- You have just undergone a major surgical operation. The only activity permitted for the first 2 weeks is walking, which you should do at least 3 times per day.
- Okay for gentle aerobic activity after 4 weeks (keep heart rate below 100 beats per minute).
- Full cardio and chest exercises after 6 weeks.

Breast Procedure Additional Instructions:

- 2 to 6 months after surgery, continue all routine breast cancer screening as guided by your PCP.
- As of 2020, the FDA currently recommends screening for breast implants with MRI or ultrasound beginning 5 to 6 years after silicone implants placement and every 2 to 3 years thereafter.

Labiaplasty Procedure Additional Instructions:

- No direct pressure on labia for 6 weeks (spinning/bike riding).
- No vaginal intercourse, tampons, or anything inserted into the vagina for 6 weeks. Dr. Hayes will discuss this with you at your 6 week post-operative appointment.
- 6 to 8 weeks after surgery, continue all routine screening/visits with your GYN/PCP.

Incision Care All Procedures

- No soaking in a bathtub or swimming in any body of water until medically cleared by Dr. Hayes, which is typically between 4 to 6 weeks post-procedure.

Post-Surgical Instructions

- Inspect the incisions daily for signs of infection (redness).
- After 4 weeks, Dr. Hayes may prescribe silicone gel for scar treatment.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock and keep incisions covered. If sun exposure is unavoidable, use sunscreen with SPF 30 or greater. Put sunblock on incisions and allow it to fully dry before putting on your swimsuit.

Appearance of All Procedures

- Swelling is typically most pronounced on the 3rd postoperative day and will gradually resolve over the following weeks.
- You may notice small “bumps” all the suture line. Please note all sutures are dissolvable.
- Scars may appear red and firm for up to 6 months following surgery, after which they typically fade and soften over time.
- Bruising may occur following your procedure, although the extent can vary from patient to patient.

Breast Implant Procedure Additional Instructions:

- It is normal for implants to appear positioned higher than expected immediately after surgery. It may take up to 3 to 6 months for the implants to settle into their final position (a process known as “drop” or “fluff”).

When To Call All Procedures

- Increased swelling, bruising, or sudden asymmetry.
- Increased redness along the incision site.
- Severe or increased pain that is not relieved by prescribed medication.
- Chest pain, shortness of breath, or swelling in the legs.
- Any adverse reactions to medications, such as rash, nausea, headache, or vomiting.
- Oral temperature exceeding 100.4°F (38°C).
- Yellow or green drainage from the incisions or notice a foul odor.
- Bleeding from the incisions that cannot be controlled with light pressure.
- Any other concerns or unusual symptoms.

Breast Procedure Additional Instructions:

- Nipple becomes pale or deep purple (signs of blood flow problems).

Please call our office with any questions or concerns: (503)748-0069