



Augmentation Labiaplasty Labia Majora Via Fat Transfer

Preparation:

To help you prepare for your labia major augmentation via fat transfer:

During your consultation you should be very open; provide your entire medical history and list all of the medications, vitamins, and herbs you are taking (even if you don't think they're important).

Here are some tips that may help you shorten your recovery time and decrease your chances of complications.

- Discontinue using Aspirin (including medications that contain Aspirin), Ibuprofen, Naprosyn, St. John's Wort, Vitamin E, and other supplements as directed. These act as blood thinners and could cause excessive bruising, bleeding, or other complications. We will give you a complete list of medications and herbal supplements to avoid prior to your procedure
- Stop smoking for at one month before and one month after surgery, as nicotine can impair circulation and healing.
- Don't drink alcohol in excess for two weeks before your liposculpture procedure and one week after the surgery.
- Drink lots of water in the days leading up to your liposculpture procedure.

To make your recovery easier and more comfortable be sure to:

- Arrange for someone to take you home and take care of you for at least the first day. For out-of-town, national and international patients, private

- nursing care, private recovery centers, and hotel accommodations can be made in advance.
- Fill your prescriptions and place them within easy reach of where you will be resting.

Place plenty of pillows, a spare compression, and hand towels for drainage nearby.

Post Surgery:

You should expect some bruising, swelling, and pain after your procedure. If you feel like you've lost sensation in the liposuction areas, don't be alarmed. As your nerves begin to regenerate feeling, the sensation should return to normal. Swelling may linger for as long as several months. Pain medication will be prescribed to control any discomfort. However, if you begin to experience severe pain, contact us immediately.

You can use Frida Mom Instant Ice Maxi Pads, (find it at: Target, Walmart or Amazon) to help with swelling and discomfort, 20 min on and 20 min off.

Can also use feminine pads (use bottle water to activate the gel and place pads on the bottom part of the Fridge). Please do not use frozen pads or ice, since the area might be numb and you can get a frost bite.

Keeping your pelvis elevated can also help, can add a couple pillows under your pelvis.

The recovery process is different for everyone, you should be up and walking around on the same day after procedure. Excess tumescent fluid will most likely drain from the access points for the first day or two and you may experience blood-tinged fluid as well. You may shower on the second day or 48hrs following surgery. Depending on the number of areas treated, you may need to be out of work and away from your usual activities for the first week.

Over the next two or three weeks, your treated areas may remain very sensitive, and strenuous physical activities should be limited until your body has fully recovered. You will also need to wear a special compression garment for up to a month to help ensure good contour to your treated areas. Following this period, you may gradually return to activities such as lifting, exercise, and sex. Avoid any high-impact activities for about one month. Specifically, you should avoid jogging and bouncing activities for up to four to six weeks. These procedures will help you avoid stress to your treated areas and allow time for healing and recovery.

All liposculpture procedures are performed using small incisions, about the length of this red line —, such that scarring will be minimal.

Please do not hesitate to call the office during business hours or Dr. Chopra's cellphone after hours if you have any questions or concerns.