



POST SURGICAL INSTRUCTIONS LABIA Puff Augmentation

If you have excessive drainage, swelling, bleeding or pain, call our office at 703-962-2520. After office hours, you may reach Dr. Chopra at his cell phone 571-236-1977.

Post-Op Instructions

1. Daily activities:

- Few days off from work is preferred. There are some exceptions. Working from home: Do not do meaningful work or make important decisions when on narcotic medication.
- For your safety we require that an adult stay with you at least the first 24 hours and drive you to your next day follow up visit if you are taking narcotics or pain medication.
- Mobilize throughout the day; no permanent bed rest. We advise to walk around 3-5 times per day in addition to mobilizing for meals and to the bathroom.
- You may shower 48 hours after the procedure using lukewarm water. Wash the surgical site with soap and water then gently pat the incisions sites dry. No baths or prolonged showers of over 5-10 minutes.
- Keep activity levels low; mostly lying flat. Can add a couple of pillows to the buttocks area to keep it elevated and help with swelling. You will have less discomfort/swelling if you can rest for 4-5 days.
- Keep cold packs on the bottom area for the first 24 hours. You can use feminine pads, fill the pad with water bottle and keep it in the fridge overnight.
- Wear a panty girdle or something that will provide gentle compression for the area for the first week.
- Regular exercise, lifting objects heavier than 10lbs, and sexual activity is restricted for 6 weeks.
- You may drive when driving does not cause pain and you are completely off all narcotic pain medication; not prior to 7 days.

2. What to expect:

- If undergoing general anesthesia, you may experience a sore throat. This is not uncommon and should resolve in a few days. You may use throat lozenges to help with the discomfort.
- You will likely have dissolvable sutures in place. These typically reabsorb 3-4 weeks after surgery.
- During the healing process, you will experience different sensations including discomfort, sharp shooting pains, stinging, itching and localized burning.
- You should anticipate variable degree of numbness in the areas treated after the procedure.
- Everyone heals at a different pace. Be patient with your body during the recovery process.