



PRE and POST SURGICAL INSTRUCTIONS LABIAPLASTY

1. If you have excessive drainage, swelling, bleeding or pain, call our office at 703-962-2520. After office hours, you may reach Dr. Chopra on his cell phone at 571-236-1977.
2. **Do not smoke or be exposed to second hand smoke for two weeks before and after surgery.** Smoking reduces capillary flow in your skin causing necrosis, or death, of tissues and permanent possible scarring.
3. Do not drink alcohol one week before and after surgery because it dilates the blood vessels and could increase postoperative bleeding. Do not drink alcohol until you have stopped taking the prescription pain pills as the combination can be dangerous.
4. DO NOT TAKE ASPIRIN, IBUPROFEN (MOTRIN, ALEVE), FISH OIL, VITAMIN E, GINGKO BILOBA or ST. JOHN'S WART for at least two weeks before and after the operation.
5. No flying or prolonged travel (over 1 hour of travel time regardless of method of transportation) for at least two to four weeks before and after the procedure.
6. You need to eat a high protein diet, 80-100g a day for your body to heal well and quickly. Protein shakes may be necessary to fulfill this requirement.

Post-Op Instructions

1. **Daily activities:**
 - One week off of work is required with 2 weeks of being preferred. There are some exceptions. Working from home: Do not do meaningful work or make important decisions when on narcotic 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. Sitting will place too much tension on the stitches and also increase bleeding. This is painful and will prolong the healing process. 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 no Frozen and always protect your skin from ice. 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 compression for the area for the first week.

PRE & POST SURGICAL INSTRUCTIONS LABIAPLASTY

- 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.