

# **SOUTHWEST BREAST & AESTHETICS**

***Tim Matatov, MD • Joseph Zakhary, MD • Matthew Mino, MD***

PHOENIX OFFICE:  
4550 E Bell Rd, Bldg 5, Suite 150  
Phoenix, AZ 85032  
T: (480)576-4310  
F: (480)576-4311

CHANDLER OFFICE:  
3377 S Price Rd, Suite E  
Chandler, AZ 85248  
T: (480)576-4300  
F: (480)576-4301

## **Labiaplasty**

### **Post op Instructions**

Immediately after surgery return home and elevate your pelvis and begin using ice packs

Apply Ice packs every 4 hours (30 minutes per time) for the first 72 hours while awake using a thin pad between ice pack and skin.

Wear a large absorbent pad for the first 48-72 hours as thin minimal drainage can be normal and change this pad as necessary

You may shower after 24 hours and let soapy water run over the operative site but avoid direct pressure on the incisions. Pat dry when done

Apply bacitracin ointment three times a day to the incisions for the first week

Avoid tub baths for the first three weeks

Use Miralax 17 g laxative once daily for the first week post op

Use Tylenol 325-650 mg and/or Oxycodone 5 mg for pain control post operatively

### **What to Expect**

Your labia should be uniformly swollen with minimal bruising on each side peaking on postoperative day 3.

You will see the absorbable sutures postoperatively

### **Activity**

For the first two weeks you should limit activity to walking and try to get at least 5000 steps in per day.

At week three you can begin going for light jogs and by week four you can return to full aerobic activity

Avoid biking, spin class and any other direct labial pressure for 6 weeks after surgery, including both tampons and vaginal intercourse.

### **Medications:**

1. Oral narcotics are prescribed to manage the pain and should be taken only as necessary. They are to be taken as instructed. The first-line medication is **Oxycodone**. This can vary depending on patient needs and preferences. This medication can make you drowsy and should not be mixed with alcohol. You should not drive nor operate any heavy machinery while under the influence of this medication.
2. **Ibuprofen (Advil/Motrin)** is used for pain relief and is to be taken as instructed for the specified number of days. This medication is an NSAID (non-steroidal anti-inflammatory). IF your pharmacy does not fill the prescription we send for this medication, you will need to purchase a bottle of this medication (200 mg tablets) over the counter at your local pharmacy. You should stay hydrated while taking this medication.
3. **Acetaminophen (Tylenol)** is used for pain relief and is to be taken as instructed for the specified number of days. IF your pharmacy does not fill the prescription we send for this medication, you will need to purchase a bottle of this medication (500 mg tablets) over the counter at your local pharmacy. You should avoid drinking alcohol while taking this medication.
4. **A one-week course of oral antibiotics** will be prescribed and should be taken as directed until you run out. Please be sure to notify us of any known allergies to antibiotics.

### **Call if:**

Sudden increased swelling, pain, or bleeding that does not stop with light pressure

If one side is significantly more swollen than the other

Increasing Redness along incision line

Fever greater than 101.5

Foul odor or green/yellow discharge from the incision