

Labioplasty

Post operative instructions

Before your operation

- Organise for a responsible adult to accompany you home after your operation and stay with you for the full 24 hours after your surgery
- Plan to have approximately one week off work, however many patients find they are able to return to work a few days after their procedure
- Purchase panty liners, maxi pads and full brief underwear, to wear for 2 weeks following your procedure
- Ensure you have antibiotic ointment to use post surgery

What to expect immediately after surgery

You can expect slight bleeding, mild pain and discomfort for a few days with mild swelling and bruising for up to 2 weeks.

Everyone recovers from their anaesthetic differently; but post operative nausea is a common side effect following general anaesthesia. If you are experiencing nausea we recommend eating light, small meals throughout the day. If nausea or vomiting is severe, please contact us.

What to expect for the first week post surgery

Constipation: Constipation is common following a general anaesthetic. To avoid constipation, ensure you drink plenty of fluids and foods containing fibre. If necessary, we recommend a gentle, laxative drink such as Movicol. This can be purchased from your chemist.

Pain relief: The majority of patients will experience mild pain following surgery. Pain should be manageable and will slowly ease over the course of your recovery. Your anaesthetist may provide you with pain medication, to be taken as directed.

If you have not been given a prescription, we recommend the use of Panadol or Panadol extra to manage any discomfort.

Do not take aspirin for at least 10 days following surgery as this can increase the risk of bleeding. If your pain is severe and does not subside with pain medication, please contact us.

Bathing: You may shower 24 hours following your procedure, wash gently with water only to avoid any irritation to the healing wounds and pat dry with a clean towel.

Driving: You are not to drive or operate machinery for 24 hours post surgery. You can drive when your wound and/or pain medication no longer impedes your functionality.

Swelling: Swelling is very common after surgery and will diminish gradually over 7-14 days.

Dressings: For 2 weeks following surgery apply antibiotic ointment 3 times daily to the incision. Wear a maxi pad or panty liner to absorb any drainage or bleeding.

Exercise: Avoid bending, prolonged sitting, straining and heavy lifting for the first week following surgery. In addition to aggravating swelling, these activities may elevate blood pressure and start bleeding.

Sexual Activity: Sexual activity should be avoided for 6 weeks following your procedure.

Removal of sutures: Generally absorbable sutures are used and removal is not necessary.

Recovery after the first week

Exercise: After approximately 1 week you may be able to resume light exercise, strenuous lifting (e.g. children) and household duties such as cleaning. Vigorous exercise can usually be resumed after 4 weeks.

Scar Management: Labioplasty scars will generally be slightly red for a few months and then begin to fade. On your second post operative visit you will be advised on the most effective scar management options to ensure you have the best possible outcome.

Alcohol: Alcohol can increase post-operative bleeding and can be dangerous in combination with your pain medication. Do not drink alcohol until you have finished taking all pain medication.

Smoking: We recommend you do not smoke for at least 3-4 weeks following your operation as smoking impedes blood flow to the skin and increases healing time.

Contact us if you develop:

- A fever or become unwell
- Nausea and vomiting which persists after 48 hours
- Spreading redness/rash over the operative area or suture lines
- Fluid build up in your eyelids or sudden swelling in the area
- Pain which is not relieved or controlled by your pain-killers
- Have sudden copious discharge of fluid or oozing from your wounds
- For after hours emergencies or if you are unable to contact the office, visit your local GP or emergency room.