



LABIAPLASTY CARE INSTRUCTIONS

These instructions are provided to assist in the healing process and ensure best results. If you choose not to follow these instructions it may increase your risk of possible complications and compromise results of the procedure.

WHAT TO EXPECT AFTER SURGERY

HOSPITAL STAY	A Labiaplasty operation is normally a day surgery procedure (unless otherwise discussed with Dr Doyle prior to your surgery) therefore you will leave hospital the same day.
HOSPITAL RECOVERY & DISCHARGE	After your surgery you will wake in recovery. When you awake you will have a pad in place. Your time spent in recovery will depend on the length of procedure and how you have responded to the surgery and the anaesthesia. The nurses will monitor you during this time and your discharge will be at the discretion of the hospital staff. Once they feel you are fit to be released, they will call your nominated person to collect you (as you will be unfit to drive).
PAIN RELIEF	You will be given a script for pain medication and for anti nausea to take home with you. Your Anaesthetist will provide you a full list of instructions. Any medications you have been prescribed can be collected from the JFH pharmacy.
PAIN MANAGEMENT	Apply cold compresses intermittently; such as ice-cold gauze or a bag of frozen peas in a cloth, as much as possible in the first 48 hours post surgery
WOUND CARE	It is important to maintain hygiene. Shower as normal and pat dry. You MAY be given Chlorsig ointment prior to leaving the hospital, if so apply. Otherwise we DO NOT recommend you apply any ointment to the area.
SUTURES	Your sutures are dissolvable which can take up 2 to 3 weeks to dissolve. Do not be alarmed if you see sutures falling out after the first few days.
POST OP APPOINTMENT	All future nursing appointments will be booked in advanced and prior to your procedure. This will be given to you when you leave hospital (see Post Op appointment information in full on page 2).



WEEKS FOLLOWING SURGERY

GCPS POST OP APPOINTMENTS	The standard review appointments following a Labiaplasty operation are as follows
	1. Approximately 7 – 10 days post surgery you will be reviewed by our nurse. During this visit your wound will be assessed to ensure healing and any concerns will be addressed
	2. Approximately 6 weeks post surgery you will be reviewed by Dr Doyle and our nurse. Any future appointments beyond this will be discussed with Dr Doyle as necessary.
HOME CARE	For comfort and reduced swelling sleep with your buttocks slightly raised on 1 to 2 pillows for as long as swelling persists.

RETURNING TO DAILY ACTIVITIES

EXERCISE / ACTIVITY	Start walking as soon as possible as this helps to reduce swelling and lowers risks of blood clots.
	Allow yourself at least 1 to 2 weeks to recuperate before returning to non-strenuous work. Most patients may resume light exercise 3 to 4 weeks after surgery.
	Avoid straddle activities such as bike or horse riding for 6 weeks.
	Strenuous exercise and sexual activity and using tampons is restricted for 6 weeks as it may cause increased swelling, bleeding, or disruption of the healing process. These include activities such as gym workouts and running.
SWIMMING	No ocean water or pool water for 3 weeks post surgery or until your wounds are fully healed.
DRIVING	You are not allowed to drive for the first 24 to 48 hours post anaesthetic. We advise you refrain from driving until you are able to operate your car in a safe manner and when you are no longer taking any narcotic medications.

CONTACT INFORMATION

If you have any concerns regarding your care please see our website for care information. Alternatively do not hesitate to contact our rooms on (07) 5598 0988. If the rooms are unattended and you are unwell and need medical attention please seek treatment at your GP, an Emergency Department of your choice or call 000.