



At-Home Instructions

Labiaplasty

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to call our office at 216-292-6800 if you have any questions or concerns.

General Instructions

- Avoid heavy lifting (no more than 5 pounds) for one week.
- Walk as soon as possible after surgery, this helps reduce swelling and lowers the chance of blood clots.
- No sex for 6 weeks, then you can resume sexual activity as comfort permits.
- No swimming for 6 weeks.
- 24-48 hours after surgery you may shower. Use barely tepid or lukewarm water. No tub baths.
- Smoking is prohibited at least 6 weeks before and until you are completely healed, and until instructed by the doctor.

Diet

- Resume normal diet as tolerated.

Special Instructions

Follow these instructions for **3-4 BEFORE your surgery** and for another **2 weeks AFTER surgery**.

- There is absolutely NO driving while on pain medication or Valium® (see medicine list given to you with your pre-operative paperwork).

Do NOT take the following products:

- Aspirin/low-dose aspirin
- Ibuprofen (Advil®, Motrin®)
- Naprosyn or Naproxen (Aleve®)
- Vitamin E (even small amounts in mutli-vitamins)
- Herbals, homeopathic medicines, or green tea
- Protein Supplements (shakes, energy drinks)
- Growth hormone
- Diet pills (Meridia®, Metabolife®, etc).

Tylenol containing product (acetaminophen) are safe to take. If you are unsure about what products to take or avoid, call the office at 216-292-6800.

Pain Control/Medications

- You will receive a prescription for pain medication that can be taken as directed, if needed for pain control.
- The pain medication may cause constipation and does impair your ability to drive or make important decisions (have over the counter Colace or laxative on hand).

Wound Care

You may experience:

- Some oozing and drainage is expected.
- Keep incisions clean and dry. Inspect daily for signs of infection.
- Place a small amount of antibacterial ointment (Neosporin®, Bacetracin® or Bactroban®) on incisions 2-3 times a day, for two weeks
- Wear absorbent pads or feminine napkins to absorb any drainage.
- Use an ice pack (over garments) as needed for comfort, for about a week.
- There will be swelling and discoloration for 1-2 weeks, possibly longer.
- Scars will be redden for 3 months, then will gradually fade and soften.
- The sutures are dissolvable and do not need to be removed.

Follow-up with your post-operative visit scheduled 1 week after your procedure. At this time, we will give you further post-op instructions.

Call the office at the first sign of:

- Excessive pain associated with pressure.
- Excessive bleeding at the incision.
- Redness, drainage, or odor from the incisions.
- Fever or chills.
- Shortness of breath.

Do not hesitate to call if you have questions or concerns!

The office of Mark A. Foglietti, D.O., FACOS and Alanna F. Fostyk, D.O.
216-292-6800

Please call with any questions.