

J. Jason Wendel, M.D.

Dr. J. J. Wendel Plastic Surgery
2103 Crestmoor Road
Nashville, TN 37215
www.drjjwendel.com

Postoperative Instructions

LABIAPLASTY

This is an outpatient surgery.

Have someone drive you home after surgery and help you at home for 1-2 days.

Get plenty of rest; follow balanced diet.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to drink plenty of fluids.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your physician.

Do not drink alcohol when taking pain medication.

If you are taking vitamins with iron, resume these as tolerated.

Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

Walk as soon as possible, as this helps reduce swelling and lowers the chance of blood clots.

Do not drive until you are no longer taking narcotic pain medications.

No lifting greater than 5 pounds for one week.

No sex for 6 weeks, then resume sexual activity as comfort permits.

No swimming for 6 weeks.

Return to social and employment activities in 1-2 weeks.

Physical therapy is not necessary after this procedure.

Incision Care

You may shower 48 hours after surgery.

Keep incisions clean, dry and inspect daily for signs of infection.

Use absorbent pads or feminine napkins to absorb any drainage.

Some oozing and drainage is expected.

No tub soaking while sutures are in place.

Place clean, dry dressings over incisions to wick away moisture and to prevent irritation from undergarments and clothing.

What To Expect

There will be swelling and discoloration for 1-2 weeks, possibly longer.

There initially may be numbness around the area.

There may be postoperative pain.

Appearance

Improved contour with less excess tissue in the labial area.

Scars will be reddened for 3 months. After that, they will gradually fade and soften.

The scar is located along the labia minora on the right or left side or both sides.

Follow-Up Care

The sutures used for your surgery dissolve and do not need to be removed.

When To Call

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

If you have an oral temperature over 100.4 degrees.

If you have increasing yellowish or greenish drainage from the incisions or notice a foul odor.

If you have bleeding from the incisions that is difficult to control with light pressure.

If you have loss of feeling or motion.

For Medical Questions, Please Call:

(615) 921-2100 Monday-Thursday 9:00 AM-5:00 PM and Fridays 8:00 AM-12:00 PM. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.