

**J. Jason Wendel, M.D.**

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# Recovery 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 a 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.

Prior to your surgery, pain medication will be prescribed by Dr. Wendel and sent in electronically to your pharmacy.

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 submerging incisions under any type of water including but not limited to the ocean, pools, hot tubs, and baths 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.

Wear 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.

After having surgery, it is expected you will experience some pain and discomfort even with pain medications. This is a normal part of recovery.

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.

Painful and/or burning sensation while urinating is to be expected.

**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

**Managing Refill Prescriptions**

For prescription refills, please contact our office during business hours (615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m.

PLEASE NOTE: We are unable to refill pain medication of any kind after hours or on weekends.

Messages received after hours or on weekends will be processed the next business day.

**For Medical Questions, Please Call:**

(615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.