

# THE FIRST GLANCE

## Labiaplasty Post-Operative Instructions

### Supplies to have at home:

- **Your prescription medications**
- **Gravol** (oral medication *and* suppositories)
- **Stool softener** (ie: Restorolax/Lax-a-Day/Senokot). *Used to prevent constipation- \*\*start if no BM for 2 days*
- **Reactine** (anti-histamine to help with itchiness associated with medications or wound healing)
- **CanesOral CombiPak for Yeast infections or Vagisil**
- **Polysporin Complete** (*has numbing Lidocaine included*)
- **Pantyliners/Feminine pads**
- **Vagisil Wash/Wipes** (Gentle and PH Balancing)

### Evening after surgery/Morning after Surgery:

Repeatedly place an icepack (Ziplock bag containing frozen peas or gel pack) on the operated area for the first 48 hours for a duration of 10 minutes on then 20 minutes off. If you have had Fat Transfer, DO NOT apply ice to areas where fat was transferred.

Wear a pantyliner for the first one to two weeks as necessary. If you do not feel you require a pantyliner after the first few days then do not wear one as they have a tendency to trap moisture in the area which is something we want to avoid. If there is a raw area or pain when urinating at the incision area, applying **Polysporin** will help to soothe and protect the area.

### Medications:

**Antibiotic:** Take as prescribed to prevent infection. Ensure you finish your entire course of antibiotics even if there are no signs of infection.

**Pain Meds:** (Tylenol 3's or Tramacet) Take one or two tablets every 4 to 6 hours as needed up to a maximum of 8 per day. One side effect may be constipation so STAY HYDRATED and take stool softeners at the first sign of constipation. Eating plenty of fresh fruits and vegetables will also help to avoid constipation. If constipation occurs and is severe, you should use a Fleet or Saline enema as directed.

If you currently suffer from hemorrhoids, or are prone to hemorrhoids, you may notice that your symptoms worsen after surgery. Follow directions on the enema package for relief. It is very important to stay well hydrated (drink lots of water!) to avoid straining at stool and making your hemorrhoids worse. You may also place a warm cloth on the peri-anal area for soothing relief.

### **Wound care:**

Wash the surgical area with warm water and mild soap. You may shower 24 hours after your surgery. Showers only. No baths.

You may also use a hair dryer on a cool setting to dry yourself after washing. You may also find it helpful to use a soft washcloth rather than toilet tissue after using the bathroom initially.

You must refrain from intercourse for 6 weeks and oral sex for 3 weeks.

The sutures used are soft and dissolvable but may take up to 6 weeks to disappear. They may become very itchy at 2-3 weeks after surgery, your doctor may remove them at that time.

Tampons are not to be used for 6 weeks after surgery. Thong style panties should be avoided and only cotton panties/underwear are to be worn for 4 weeks.

### **Activity:**

Do not use any other creams or ointments on the area, only a thin layer of Polysporin *Complete* once or twice daily unless otherwise directed by Dr. Brichacek.

You may return to work 7 – 10 days post surgery or sooner if you prefer and feel able. You may resume mild physical exercise in 3 weeks and can resume normal physical activity in 6 weeks. Avoid bicycle seats for 6 weeks.

\*Do not sleep with pets in the bed to avoid infection

**\*No baths, hot tubs, swimming pools, or swimming in lake water for 4-6 weeks or until your incisions are fully healed in order to avoid infection.**

\*Avoid exposure to second-hand smoke for at least the first few weeks after surgery

**Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.**

Increased pain, increased redness, creamy or pus-like discharge, foul odour, or

Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)

Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)

Unexplained sudden onset of shortness of breath

Rapid pulse or heart palpitations

Severe pain in leg that does not resolve and/or swelling of leg

Changes in skin colour of an extremity, such as turning pale, red or blue

Dizziness that does not resolve, or fainting

*Coughing up blood / Bloody diarrhea*

### **Follow Up Appointments**

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will inform you as to which clinic to visit for your follow up appointments:

First Glance Aesthetic Clinic - 1851 Grant Avenue - tel: 204-885-1419

### **After Hour Care**

If there is a concern about your surgery or your healing, please call The First Glance Clinic at **204-885-1419**.

Take time to rest and recover from your surgery, have a healthy diet and get some sleep. It is important that you follow these recommendations carefully so we can attain your surgical goals.

**Evenings and Weekends or in case of emergency please page Dr. Brichacek at 204-898-9933**

**If you have any questions or concerns post-surgery, please call our office directly and talk with a staff member, PLEASE DO NOT EMAIL.**