

POST-OPERATION INSTRUCTIONS

Labial reduction

Post-Operative Instructions:

1. Take your medication as prescribed. The pain medicine may cause constipation so eat a lot of salad or fiber and take the laxative of your choice if necessary.
2. No sutures will need to be removed. There is a variable amount of drainage from the incision sites for the first 24 hours post op.
3. Cleansing of the area with a Epson's Salts Bath solution two times per day starting the day after your surgery.
4. Light activity such as walking is encouraged after your surgery. Do not lie still for long periods of time – as you increase your risk of developing a blood clot in the legs. When lying down, have a pillow under your knees and behind your head. After 1 week you can gradually increase your activity to normal activity at 2 weeks.
5. Smoking may delay the healing process. If you smoke, reduce the amount as much as possible two weeks before and two weeks after surgery.
6. There may be some bruising and swelling – this is normal and will gradually resolve one to three weeks following surgery.
7. Healing occurs at various rates. The area may be tender. You may get an odd sharp pain or pulling- this is normal. Massaging helps with swelling and bruising and improves the recovery time, decreases sensitivity and discomfort.
8. you may resume sexual intercourse 1 week following surgery.
9. If you have any concerns please do not hesitate to call the office.
10. Take the nutritional supplements which help with wound healing and speeds up your recovery.