

DR. WENIGER'S LABIAPLASTY POSTOPERATIVE INSTRUCTIONS

During the first week following your surgery, the two major problems to watch for are hematoma (a collection of blood under the skin) and infection. Any significant increase in swelling under the area, severe bruising, or increased pain not controlled by medication may be signs and symptoms of a hematoma. Fever over 101 degrees F, swelling, severe redness, or drainage can be signs of infection. These should be reported to our office immediately.

NOTE: There will be some expected bruising, pain, and swelling the first 48 hours and a very scant amount of bloody drainage.

DO:

- **Limit friction to the surgical area.**
- Can shower the day after surgery. Keep area dry other than showering.
- Keep compression underwear on with a rolled washcloth for extra pressure at all times except to shower.
- Use ice packs on area under the underwear if able (compression is more important than ice).
- Keep thin layer of aquaphor on surgical area and cover with a non-adhesive pad.
- Take your narcotic pain medicine as needed and always take with food.
- Use Tylenol/extra strength Tylenol when pain tablets run out or are too strong.
- Ibuprofen can be used starting 1 week after surgery. Do not use before then.
- Eat as tolerated. Start with something light (ex: soup, Jell-O, crackers, etc.) and then advance diet slowly. Eat protein and avoid salt.

DO NOT:

- Drive until instructed to do so by Dr. Weniger (not while on narcotics or if very sore).
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger (causes bleeding).
- Restart blood thinners (ibuprofen, Advil, Aleve) for one week after surgery.
- Take any tub baths, swim, or sit in hot tub until directed by Dr. Weniger.
- Drink alcohol while on narcotics (causes bleeding) or for one week after surgery.

Your follow-up appointment is: _____

Instructions understood & copy given: _____

For any problems or questions that you may have regarding your post-surgery recuperation, please call us.
843-757-0123