

POST OPERATIVE INSTRUCTIONS

For

LABIA REDUCTION

1. Prepare several ice (gel) packs the day before surgery. After surgery, apply the packs to the vaginal area at 30 minute intervals as much as possible over the next three days. If you are traveling a distance to return home, we strongly advise purchasing several chemical cold packs available at any pharmacy.
2. Apply estrogen cream to the surgical edges at bedtime for six weeks. Apply D-More Collagen Perfect Serum in the morning and afternoon to the surgical edges for six weeks as well. Both promote healing and minimize scar formation.
3. Hard bowel movements that require straining can disrupt the surgery. You are advised to take Colace 100mg twice daily for a week to maintain softness, as well as drink plenty of fluids to avoid dehydration.
4. Ambulate according to how you feel. Continue the ice packs to the perineum for an entire 72 hours or longer if swelling persists. Ice packs should be applied on a 30 minutes on, 30 minutes off schedule. Take your medications as prescribed.
5. Do not engage in exercise or intercourse for six weeks to avoid separation of the edges.
6. Occasionally troublesome itching or irritation occurs along the labia, usually after the second week. If you are uncomfortable, gently apply hydrogen peroxide compresses to the affected area. Mix the hydrogen peroxide with water as a 1:1 ratio. Saturate a small 2"x2" gauze pad with the solution and lay gently on the labia for 2-3 minutes. Air dry only. You can do this up to twice a day. If itching is mild, apply Benadryl ointment to the affected areas as needed.
8. Wear loose fitting clothes that will not constrict the healing labia.
9. If at any time you experience bright red external bleeding, high fever or shaking chills, foul smelling discharge, burning with urination or persistent pain beyond what is to be expected, **call the office immediately** at 203 869-8360.