

PREOPERATIVE INSTRUCTIONS

1. If your surgery is scheduled for early in the morning, **do not eat or drink anything after midnight** the night before your procedure. In the morning you may shower and brush your teeth, but if you have even a glass of water, your surgery will be cancelled. Similarly, if your surgery is planned for the early afternoon, you may have water, tea, or coffee up to 7am, but **absolutely nothing thereafter**.

If you are having reconstruction of the vagina or vaginoplasty, only drink **clear liquids** starting the afternoon before surgery. Examples of clear liquids are broth, water, apple or cranberry juice, Jell-O, Gatorade, coffee, tea, and 7-Up. Sugar substitutes are OK. Do not drink any red wine, dairy products or protein shakes.

2. You must make arrangements prior to surgery for a responsible adult to drive or accompany you home. **No one will be discharged from the surgicenter alone.**
3. Please leave all valuables, jewelry and contact lenses at home.
4. You should wear comfortable loose clothing that you can easily put on after surgery.
5. Shave all pubic hair from the clitoris to the anus.
6. Have your blood tests completed ten days before surgery and have the results forwarded to our office.
7. Do not drink alcohol or smoke cigarettes one week before or after surgery.
8. Do not take any of the following medications which may cause bleeding, for a week prior to your surgery: Vitamin E, ginko, aspirin, Empirin, Anacin, Excedrin, Bufferin, ibuprofen, Motrin, Advil, or Aleve. If you need pain relief, Tylenol products are fine.
9. Do not undertake any strenuous exercise 24 hours before surgery.
10. Purchase at least two Ace™ Soft Gel Packs or a CVS Peas icepack for post-operative icing to diminish swelling. If you have to travel a distance, purchase several chemical ice packs for the trip home. *For patients staying locally in a hotel, buy an old fashioned ice bag, since a freezer is not generally available.
11. If you are having vaginoplasty it is **imperative** your bowels are completely empty to diminish pressure afterwards. Take a laxative such as Dulcolax™ or a Fleets Enema the day before your procedure. This instruction is not necessary for labia reduction surgery.
12. If you were told a catheter will be used: Azo™ or Uristat™ are two over-the-counter medications which effectively relieve discomfort from the urinary catheter. Bring it with you to the surgicenter for immediate post-operative use.