

LABIAPLASTY RECOVERY

“Just because the process hurts doesn’t mean the results won’t be beautiful.” –Author unknown

Your body and feminine parts are unique to you and important to your femininity--to feeling complete, physically attractive, and confident. You are considering undergoing or are scheduling with SSK to undergo a labiaplasty procedure in order to correct labia minora hypertrophy to achieve smaller and symmetrical. Your labiaplasty may be alone or with another procedure such as a Mommy Makeover (a tummy tuck, a breast augmentation, and maybe another procedure to achieve overall proportion). My staff and I are honored to serve your cosmetic surgery needs with the finest attention, technique, and follow-up care. Please read and later refer to the following information.

YOUR TAILORED PROCEDURE AND RECOVERY

Anesthesia:

Your surgery probably will be under local anesthesia. During the procedure, we do everything we can to minimize bruising and swelling with gentle tissue handling, meticulous hemostasis, good blood pressure control, and a combination of many other proven strategies so that you can be presentable and back to your normal activities ASAP.

After Surgery, in the Recovery Unit:

When you are fully awake, our staff will review with you your post-operative care instructions that we discussed prior to surgery. We use simple, light dressings that are easy to take care of. Instructions will include the duration of restrictions, other details about your postsurgical care, normal symptoms you will experience, and potential signs of complication to watch for.

Outpatient: Most labiaplasty procedures are outpatient. You must have someone stay with you, especially overnight, because the anesthetic can affect you for the next 24 hours. Either I or a member of our staff will call later, and maybe between your office visits, to check on you.

Inpatient: Depending on co-morbidities, distance from the hospital, the extent of the procedure(s), and whether you are experiencing any unusual reactions, you may need to be admitted for a 23-hour hospital stay in a regular hospital room. I will visit you the next day.

Help/Support at Home:

It is important to keep your arrangement of having someone to stay with you during your first night at home in order to help with any residual effects from the anesthesia and with your family’s needs home. If you have also had another procedure as part of a **Mommy Makeover** you will need a helper to stay with you and your family for up to a week. If the arrangement you scheduled falls through, call us right away; we can arrange for a private-duty nurse or a trained companion to care for you at your expense. Having help is crucial to your recovery! Either I or a member of our staff will call later to check on you.

Medications:

Oral prescription pain relievers should keep you comfortable. But, if you experience extreme or long-lasting pain, allergic reactions, or other unusual symptoms, call us without undue delay. I also will prescribe an oral antibiotic for you; take it as prescribed and for the full period

Sleep/Rest:

Cushioning the operated area will help to provide better rest and sleep for you; just be sure to avoid putting pressure on that tender area of tissues and sutures.

Showering/Bathing, Toileting, Hygiene, Comfort:

For the best comfort and for a faster and better recovery, you ideally should follow the highest standards of hygiene; this means keeping the operated area clean, especially after toileting, which should result in no infection. I prefer that my patients not submerge their incisions in water (such as in a bathtub, pool, hot tub, or ocean) for a week (until your wounds are closed). You will be allowed to shower the next day and even get your incision wet; in fact, for best hygiene and comfort you will benefit from showering twice per day. Speaking of the shower, this can be the most-comfortable place to urinate (standing) during the first few days when the sensitive labia are so sore, bruised, and swollen. Pouring warm water over the area while sitting on the toilet to urinate will bring some comfort. Either way, you should rinse the vaginal area with warm water after every toilet visit because staying clean is the best way to avoid infection. Between restroom stops, you can put in your loose panties dressings that we can give you or sanitary napkins to further help with cleanliness and as a cushion against rubbing, bumping, and clothing seams. You also can gently apply ice packs/cold compresses to ease your general discomfort in the surgical site, as well as a balm or an ointment (such as aloe vera or petroleum jelly) or an antibiotic cream to soothe and soften your stitches.

Menstruation: Please do not insert tampons; instead, use sanitary napkins, change them on time, rinse the area with warm water and baby shampoo, pat dry, and use a fresh napkin.

Clothing:

For 2 weeks you should continue to dress as you did on your surgery day: soft, loose, comfortable clothing that goes on and comes off easily: loose cotton underwear and loose/roomy elastic-waist pants. You should avoid wearing thong and G-string underwear at all costs for several weeks or according to your comfort level down the line.

Beverages & Foods:

Please stay hydrated, preferably with water, before and after surgery for a safe recovery. Limit alcoholic beverages to no more than 2-3 weekly. You should have prepared for your post-surgical recovery by buying lots of bottled water if you need it, along with low-sodium/caffeine-free/high-protein beverages and foods, and fresh fruits and veggies.

Activities:

For the first few days post-op, you should rest most of the time; you will be surprised by how tired you are. This could be a good time to catch up on reading and watching movies/TV. DO NOT try to take care of someone else; this is your time for someone to take care of you.

You should also do some moving around, including some easy walking and light activities, according to how you feel; maintaining the flow of blood and oxygen throughout your body helps general health and prevents blood clots. Work up to a moderate level later in the week.

Strenuous Activities: Reaching, Lifting, Pushing, Pulling, Exercising, Sports: I must restrict you for several days to avoid strenuous activities that activate your groin area. Initially, you may wish to store all the supplies you will need, especially during the first week, where you can easily reach them (at counter level when you are standing and at coffee-table/side-table level when you are resting). If possible, have a speakerphone close by and remote controls for the TV and other electronics. Do NOT try to bend over or to reach down low. Do not lift, push, or pull anything over 10 pounds, including your young children, for the first week. After that, you may ease back into most of your typical daily and workout activities.

Sexual Activity: You will need/want to avoid this for 4-6 weeks.

Driving: You should not drive for a few days.

Return to Job: Most labiaplasty patients return to work in 4-10 days, depending on the physical demands of their respective jobs, their recovery progress, and their comfort level. You likely may resume most regular activities by the end of 2 weeks.

Follow-Up:

We schedule to see you back within a week or two after your labiaplasty so that I can examine. Your next follow-up appointment in my Orange County plastic surgery office will be within 2 months after surgery. We will continue to monitor your progress, symptoms, sutures as they dissolve over time, and associated overall health at regular intervals to make sure your healing is going as planned. Meanwhile, call if you need us. Be gentle with your surgical site and your self-care for the next several weeks and months as you recover fully.

GENERAL ADDITIONAL RECOVERY INFORMATION:

Pain, Soreness, Numbness, Stiffness:

You can expect numbness or tingling around your incisions that should decrease and may or may not resolve, depending on your pre-surgical level of sensitivity and what procedure you've had done. Deep pressure sensation recovers more easily than fine-point discrimination. Minor stiffness at the site can be normal for a few days.

Swelling, Bruising, Redness, Seepage:

Through meticulous technique and gentle tissue handling, our goal has been to create minimal, if any, bruising, swelling, and discomfort. Certain other factors determine how much bruising takes place, such as the complexity or amount of surgery, the surgical sites (areas with thinner skin bruise more easily than thick areas), and your genetics (if you bruise more easily than your friends, you might bruise more than they do with surgery). Inflammation and swelling is normal in healing and varies in duration, depending on your procedure(s). On average, for most procedures that we perform, patients are presentable from a few days to about two weeks. A little redness around your incision can be normal during the first week.

Sutures/Incisions, Scarring:

Your wounds should be sealed in a few days. Your sutures are dissolvable and usually fall off on their own. Most plastic surgery closures are designed to be tension free and to prevent unsightly scars that widen by performing layered closures. On outside layers, these are normally placed into natural skin folds and creases, or in other locations where they are best concealed. Avoid scratching your incisions, especially if they itch. Comfort and results are aided by the application of a balm or an ointment (such as aloe vera or petroleum jelly) or an antibiotic cream on the sutures to keep them soft. The deeper-layer sutures that I use do not need to be taken out because they are absorbable and support your wound for 2-6 months, during the most-critical phases of wound remodeling.

When to Call Us:

Call us without undue delay if you see a fiery redness, abnormal bleeding, seepage/pus (infection), pulled stitches, or immediate dramatic scarring, and if you have allergic reactions or other unusual symptoms, especially with intense and long-lasting pain.

Recovery Time: Full Recovery = 8-12 Weeks

Patience is key with recovery. Patients have different procedures and different healing processes, so recovery times will vary. The extent and complexity of your procedure will correlate with your recovery time. After the procedure, we will again discuss with you, and your loved one or friend, the specific do's and don'ts for your ideal recovery. You shouldn't expect to bounce right back from a procedure such as this, but you can feel assured that your results will show the benefits of SSK's **Orange County labiaplasty** technique. Before long, you can feel much more comfortable in your own skin and confident enough to wear whatever makes you feel pretty!

I would be honored to have earned your trust and your approval in compassionate, skilled care--before, during, and after the best labiaplasty procedure Orange County has to offer. Please enjoy the improved shape and more-proportionate appearance to your labia. As your Newport Beach Plastic Surgeon, my goals are always to place your safety, satisfaction, and care as my top priority to help in rendering a better quality of life for you. If you have also had another procedure as part of a **Mommy Makeover** you are recharging your overall appearance.

After You Recover:

To maximize your safety and your attractive, healthy outcome, please remember to follow through on prescribed periodic evaluations with me. Also, call and come in if you notice unexpected changes or pain. Remember: You're a member of our extended family of patients and welcome with us after your procedure whether just to say hi or to have questions answered.