



TAROLA PLASTIC SURGERY  
NICHOLAS A. TAROLA, MD

## **Labiaplasty Postoperative Instructions**

Have someone drive you home after surgery and help you at home for 1-2 days.  
Get plenty of rest; follow balanced diet.  
Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your physician.  
Do not drink alcohol when taking pain medication.  
Do not smoke or use nicotine, as nicotine delays healing and increases the risk of complications.

### **Incision Care**

You may shower 24 hours after surgery.  
Keep incisions clean, dry and inspect daily for signs of infection.  
Wear absorbent pads or feminine napkins to absorb any drainage.  
Some oozing and drainage is expected.  
No tub soaking while sutures are in place.  
Place clean, dry dressings over incisions to wick away moisture and to prevent irritation from undergarments and clothing.

### **Activities**

Walk as soon as possible, as this helps reduce swelling and lowers the chance of blood clots.  
Do not drive until you are no longer taking narcotic pain medications.  
No lifting greater than 10 pounds for one week.  
No sex for 6 weeks, then resume sexual activity as comfort permits.  
No swimming, bathing, or spas for 6 weeks.  
Return to social and employment activities in 1-2 weeks.  
Physical therapy is not necessary after this procedure.

### **What To Expect**

There will be swelling and discoloration for 1-2 weeks, possibly longer.  
There initially may be numbness around the area.  
There will be postoperative pain.

### **Follow-Up Care**

The sutures used for your surgery dissolve and do not need to be removed.

### **When To Call**

If you have increased swelling or bruising.  
If swelling and redness persist after a few days.  
If you have increased redness along the incision.  
If you have severe or increased pain not relieved by medication.  
If you have any side effects to medications; such as, rash, nausea, headache, vomiting.  
If you have an oral temperature over 100.4 degrees.  
If you have increasing yellowish or greenish drainage from the incisions or notice a foul odor.