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POST OPERATIVE INSTRUCTIONS FOR LABIAPLASTY/CLITORAL HOOD REDUCTION

The ultimate success of your surgery is partially dependant on your self-care in the weeks after your procedure. It is very important that you follow the instructions as given. Instructions are as follows:

1. **Keeping clean:** After each urination and bowel movement rinse yourself well with your “peri-bottle” and gently dab (DO NOT RUB) the area with a “Tucks” pad, then apply a clean “Telfa” (non-adherent dressing, helpful in the first few days after surgery while the incisions may be draining) and sanitary pad. *Do not use toilet paper for the first 7 days as it can stick to your incisions. *Keeping the “Tucks” in the refrigerator provides an added cooling effect.
2. **Showering:** Starting the evening of surgery, thoroughly rinse the area in the shower ONCE daily for the first 7 days. You may use a hand-held nozzle or “cup” your hand between your legs, let it fill with water and hold it there for 1-2 minutes. *Do not rub or scrub the area. **Pat** the area dry with a soft cloth/towel or dry with a hair dryer (high blow, low heat), then apply your Cu-3 cream and a clean “Telfa” and sanitary pad.
3. **Icing:** Place your ice pack in a plastic “zip-lock” bag and cover with a paper towel, place against the labia for 15-20 minutes, 4-5 times per day for the first 4-5 days after surgery to help with swelling and discomfort. (You may also do this by filling a plastic “zip-lock” bag with crushed ice or frozen veggies, i.e.: peas, corn, etc.) *After this time, you may use a heating pad if needed for swelling and discomfort.
4. **Medications and cream:** Dr. Ivanov strongly encourages the use of your pain medication beginning when you get home (or leave the office) and every 4 hours for a minimum of 18 hours after surgery and then using it on an “as-needed” basis. **Always take your pain meds with food. Please do not drive while taking pain meds.** *Pain medications can cause constipation. See below for prevention instructions. Start your Arnica (homeopathic, gentle anti-inflammatory) as soon as possible. Take it as directed on the packaging starting the day of surgery until the swelling and “oozing” is gone. *Take Arnica on an empty stomach, then eat, then take your pain medication. Using clean hands, gently apply your Cu-3 intensive hydrating gel (tissue repair cream with a soothing base, used to enhance healing immediately post-procedure. It helps prevent the formation of “crusts” and scabbing while maintaining skin hydration) to your incisions 2 times a day ONLY (1 time/day

in addition to once after your shower) **for the first week**. Use your Dermaplast (pain and itch relieving) spray **as needed** **only** for surface stinging or itching on the external/visible incisions/suture lines.

5. **Swelling:** For significant swelling not well relieved by ice, please take Ibuprofen (“Advil”) 600mg (3 OTC tabs) every 6-8 hours around the clock until swelling subsides. ***Please take with food and do not take longer than 5 days maximum.**
6. **Activities:** **For the first 5-7 days you should relax and take it easy.** Limit your activities to light/desk work; slow walking, minimal stair climbing. This is a great time to catch up on your reading, television shows or other leisurely activities you rarely have time for. For **TWO FULL WEEKS** after surgery it is **extremely important NOT** to do any heavy lifting (over ~10-15 lbs.), vigorous activities or exercising, including but not limited to: fast walking, stair climbing, dancing, swimming, etc. **Sexual intercourse, biking, running and horseback riding should be withheld for a total of ONE MONTH.** ***Do not have intercourse or insert anything into the vagina until cleared by Dr. Ivanov. (*Please use pads only with your first period after surgery.)** Anytime you can, lie down and elevate your pelvis and legs. Avoid “ups & downs”, walking/“rub, rub, rub”.
7. **Shaving/Waxing:** You should **NOT** shave or wax in the vaginal area until cleared by Dr. Ivanov at your one month post-op appointment.
8. **“Looking/touching/tugging/rubbing...”** After surgery, your vulva will become **VERY** discolored and swollen from approximately day 1-7. Please evaluate yourself for signs of excessive bleeding, wound separation, or blood clot (“goose-egg”) formation in the first 36 hours after surgery **ONLY**. Following that, it is important and best not to visualize the area frequently, nor handle it excessively. The appearance **will change day-by-day**, and the changes and irregularities noted initially can “drive you crazy”.

****Please avoid excessive “handling”****

***AVOID CONSTIPATION:** Take your pain medication only if you need it (**after the first day**), stay hydrated, eat dried prunes (8-10 per day) or drink ice cold prune juice. **AFTER SURGERY ONLY-** a stool softener such as Duloclast or Colace (taken twice/day) may be helpful. **If you have not had a bowel movement after 3 days**, drink “smooth move” tea, and/or take Senakot, Miralax or other laxative if needed.

***IT IS NORMAL TO HAVE:** a small to moderate amount of bloody spotting, swelling and bruising/discoloration in the area for the first 7 days. This will lessen over time. It is also not unusual to have a small area (not > ¼”) where the superficial skin may separate. The surface layer of sutures will dissolve in the first 7-14 days, while the underlying sutures will take 4-6 weeks.

***DANGER SIGNS INCLUDE:** Evidence of infection (redness, swelling and perhaps a yellowish discharge, and/or fever), increasing day-by-day pain, and bleeding that is more than light spotting. If you notice one area/side is **significantly** more swollen than others, please apply 5 minutes of firm pressure to the area with a pad or wash cloth, using the heel of your hand. Look at the area, if it seems unchanged, apply 5 more minutes of pressure and call Dr. Ivanov.

****** You will have your first post-op visit 5-10 days after surgery for evaluation and **possible** suture removal (rare cases). If you have any questions or concerns prior to or after that time, please call Dr. Ivanov at his office, (215) 631-3873.