

Post-operative Instructions

Labiaplasty

Bandages:

- ✓ You stay at the clinic for one day. The postoperative care involves administering medicine (analgetic, and if necessary, antibiotics and anti-thromboembolism medicine) as well as regular checks on the patient's state.

Regime and Rest:

- ✓ Immediately after the procedure, it is important to rest. The ideal position is on the back, not sitting directly on the treated area, to reduce, as much as possible, any post-operative complications.
- ✓ Avoid excessive walking, sitting for prolonged periods of time, and unnecessary exertion. You will recover quicker and easier if you take it easy for these days immediately post-op.
- ✓ It is necessary to avoid any possible harm or damage of the area.
- ✓ Sexual activity should be avoided for a minimum period of one month.
- ✓ Avoid exercise (no running, heavy lifting, straining, etc.) for four to six weeks. Avoid straddle activities like cycling, horseback riding for at least four weeks.

Incision Care:

- ✓ The area should be gently washed after each visit to the toilet, or at least five times a day.
- ✓ It is also recommended to have oak tree bark sitz baths five times a day.
- ✓ Apply bacitracin or a topical triple antibiotic ointment to the suture lines for 10 days.
- ✓ Place a piece of gauze between your labia.
- ✓ Wear cotton undergarments and avoid any undergarment that is tight or irritating for 4 weeks.
- ✓ You may shower the day following the procedure - pat your labia dry, do not rub. Do not take a bath or go swimming for two weeks.

Undesirable Habits:

- ✓ Smoking and addictive substances generally speed up ageing and slow down the healing process; they should be avoided (at least one to two months).

Possible Reactions after the Operation:

- ✓ In some cases your temperature may slightly rise for a two to three days. An analgesic can easily ease the discomfort connected to any possible pain in the treated area.

Possible Complications:

- ✓ Post-operative bleeding, or bleeding caused by insufficient post-operative care at home
- ✓ Swelling

- ✓ Prolonged healing
- ✓ Haematomas
- ✓ Infection of the wound
- ✓ Imperfect effect resulting from nonobservance of the post-operative instructions given by the doctor.

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 any yellowish or greenish drainage from the incisions or notice a foul odor.
- ✓ If you have bleeding from the incisions that is difficult to control with light pressure.
- ✓ If you have loss of feeling or motion.
- ✓ If you have a nosebleed or any unusual symptoms.

These instructions are based on a normal post-operative condition. Healing and recovering are highly individual processes and apart from the patients' capacity to heal these also depend on their conscientiousness and respecting the post-operative instructions.

Cosmetic Surgery Post-operative Care:

For full post-operative care, including wound dressings, removal of sutures, wound fluid aspiration and general advice following the surgery, our patients can receive preferential rates at:

Medical Express Clinic

117a Harley Street
London W1G 6AT
Tel: 02074991991

or

Karen Marwood-Jones R.G.N.

4 Upper Wimpole Street
London W1G 6LF
Tel: 07901822393

The cost of the consultation will vary, according to the nature of your surgery. For standard wound care and suture removal, MediCzech patients will be charged only £80 per session.

or

Judith Jobling, RGN. RM. INP. LLB (Hons)

Aesthetic and Bariatric Nurse Specialist and Band Fill Practitioner

Beauty Is Skin Deep
3 Chiltern Avenue, Flixton
Manchester M41 8SX
Tel: 07947606275

Free personal consultation at clinic which is situated near motorways and close to the Trafford Centre.
Evening and weekend appointments available. Home visits can be arranged at extra cost.