



## THE PRE-OPERATIVE SESSION™ PRE-OPERATIVE INSTRUCTIONS FOR LABIAPLASTY

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### **FOUR WEEKS BEFORE SURGERY:**

- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or “the patch” (4 weeks before and after surgery). Nicotine interferes with healthy circulation and may affect the result of your surgery. It also places you at higher risk of complication when receiving anesthesia.

### **THREE WEEKS BEFORE SURGERY:**

- SURGERY WILL NEED TO BE CANCELLED IF THERE IS ANY CHANGE THAT YOU ARE PREGNANT
- All fees are due.

### **TWO WEEKS BEFORE SURGERY:**

- Do not take any products containing aspirin, ibuprofen (Advil, Motrin, Aleve), non-steroidal anti-inflammatory medication or Vitamin E. Tylenol is acceptable.

### **ONE WEEK BEFORE SURGERY:**

- Do not drink alcohol for **1 week** before surgery.
- Please ensure that all laboratory tests and/or blood work has been completed by this time as ordered by the physician/nurse practitioner. Our fax number is 585-271-4786.

### **DAY OF SURGERY:**

- You may shower and shampoo the morning of surgery. Do not shave on the day of surgery, as it can cause irritation with our surgical soaps used as well as increase your risk of infection.
- Please wash your body the day prior and the day of including your lower abdomen, inner thighs and external genitalia with Hibiclens soap or non-scented antibacterial body soap.
- Please wear loose fitting clothing to your procedure.
- If you have your menstrual cycle, please wear a feminine napkin. Do not wear a tampon.
- Light oral sedation will be administered in the office. You will be awake for the procedure; however, a responsible adult must provide transportation for you after the procedure (public transportation is not permissible due to sedative use).

## POST-OPERATIVE INSTRUCTIONS FOR LABIAPLASTY

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- All of the sutures used in your procedure are dissolvable. We will apply Aquaphor ointment to your incisions and use gauze to provide padding to the area. A small amount of bloody drainage is normal within the first 24 hours. Replace gauze as needed.
- Apply Vaseline or Aquaphor ointment to the suture lines twice a day for 10 days.
- You may shower the first day after surgery; pat your labia dry, do not rub. Do not take a bath or go swimming for four weeks, or until cleared by Dr. Amalfi.
- Wear cotton undergarments and avoid any undergarment that is tight or irritating.
- Some bruising and swelling is to be expected. We encourage you to apply ice to the area for the first few days to help minimize swelling and aide discomfort. Apply ice only **20** minutes at a time with at least 20 minutes off; be careful as you will be numb after surgery for up to 8 hours. Swelling and bruising may take 1-2 months to completely resolve.
- You may experience some discomfort in the surgical area during the first week. You may take the narcotic medication as prescribed or Extra Strength Tylenol as needed. Do not drive when taking sedative or narcotic pain medications.
- Relax and rest for one to two days following your procedure. You will recover quicker and easier if you take it easy for these days immediately post-procedure.
- Avoid excessive walking, sitting for prolonged periods of time, any activity that causes pain/discomfort, and unnecessary exertion.
- Avoid exercise such as running, heavy lifting or straining for **two** weeks.
- Avoid straddle activities like cycling, horseback riding for at least **four** weeks.
- Refrain from sexual activity for at least **eight** weeks.
- Do not use tampons for at least **eight** weeks.
- Your first follow up appointment will be one week after surgery. Dr. Amalfi will call you following the procedure to make sure you are feeling well and your pain is well controlled.

**CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING EMERGENT ISSUES:**

- Fever of 101 degrees or greater
- Pain not relieved with pain medication
- Swelling, redness, bleeding, and or/foul smelling drainage from an incision site
- **Significant** asymmetrical swelling in a bilateral procedure
- Bleeding that does not respond to uninterrupted direct pressure for at least 20 minutes
- Problems with drains that are not solved using the troubleshooting instructions that are provided
- Persistent nausea and/or vomiting

**\*General medical questions** can be addressed during regular business hours M-F 8:30am-5pm (585-244-1000).

**EMERGENT surgical issues can be addressed on evenings or weekends via our on-call EMERGENCY Line (585-258-4851).**

*The Patient Consultant will make your postoperative appointments.*

**If I have any questions with regards to the content of the videos and/or my expectations with respect to my participation in my pre-operative preparation, I will review all questions and any concerns with the Advanced Practice Provider during my in-person, pre-operative appointment.**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Name (print): \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_