



# Restifo Plastic Surgery

## PLASTIC & RECONSTRUCTIVE SURGERY

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### Labiaplasty Postoperative Instructions

- ◆ Please call our office at 203.772.1444 to schedule a postoperative visit if you have not already done so.
- ◆ You have been prescribed the following medications:
  - \_\_\_\_\_. Take \_\_\_\_\_ tablet(s) by mouth every \_\_\_\_\_ hours as needed for ***pain***.
  - \_\_\_\_\_. Take \_\_\_\_\_ tablet(s) by mouth every \_\_\_\_\_ hours as needed for ***nausea***.
  - \_\_\_\_\_. Take \_\_\_\_\_ tablet(s) by mouth \_\_\_\_\_ times a day until finished. ***This is your antibiotic.***
- ◆ Cleanse perineal area with lukewarm water using a perineal irrigation bottle after each void. Apply antibiotic ointment (Bacitracin or Neosporin) to incision site 2-3 times daily.
- ◆ We recommend using Dermoplast Antibacterial Pain Relieving Spray and TUCKS mediated pads as needed for postoperative discomfort. These can be purchased over-the-counter at your local pharmacy or online at [www.amazon.com](http://www.amazon.com).
- ◆ You may resume a regular diet as tolerated. It is important to drink plenty of fluids.
- ◆ Take Colace 100 mg two times daily in order to prevent constipation resulting from use of pain medication. This can be purchased over the counter at your local pharmacy. If you do not have a bowel movement within 2-3 days of your surgery you may take milk of magnesia.
- ◆ Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, Excedrin, Fish Oil and Vitamin E for one week following surgery.
- ◆ ***We encourage you to walk as early as the day of surgery.*** No heavy lifting > 5 pounds, pulling, or pushing for one month. No high impact aerobic exercise, abdominal or “core” exercise for 6-8 weeks. No sexual activity for 6 weeks
- ◆ No driving for a ***minimum*** of one week.

Other: \_\_\_\_\_

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**If you have any questions, please call us at (203) 772-1444.  
200 South Orange Center Road, Orange, CT 06477**