



MAYBERRY
PLASTIC SURGERY
Center for Surgical Artistry

Labiaplasty Post Op Instructions

Mayberry Plastic Surgery
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Albuquerque, NM 87110

Contact
(505) 888 3844
www.mayberryplasticsurgery.com/



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Follow Up Appointment: _____

Instructions:

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake. Take a stool softener such as peri-colace.
- Take medication as prescribed. Do not take aspirin or any products containing aspirin other than tylenol unless approved by Dr. Mayberry.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities:

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- You can resume sexual activity as comfort permits, usually 6 weeks post operatively.

After Care:

- Sleep flat on your back for 1 week. Keep a pillow under buttocks to reduce swelling.
- Use baby wipes unscented pat the area clean for personal hygiene and after using the restroom (do not wipe).
- Apply ice on the area after your surgery to help minimize your swelling and bruising. Use a thin pad before icing the area, never apply ice directly to the skin or incision site.
- You may shower 3 days post surgery. You will have some dry blood. When you shower, the water may be tinted. In the shower you may use a mild soap.
- Keep the area clean and dry at all times.
- Do not use well water to clean our incisions, use bottled water only.
- No tampons for 6 weeks.
- No sexual activity for 6 weeks.
- No ocean water or pool swimming for 6 weeks post surgery, or until the incision is fully healed.
- No tanning or sun exposure to the incision until your incisions has healed completely.
- Do not apply scar creams or ointments on the incision, unless directed by Dr. Mayberry



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What to Expect:

- Itching is normal the first few weeks.
- You may expect the area to be swollen for a few weeks. This is why it will also take time to see the final results of your surgery.
- There will be a lot of swelling, areas will look irregular and bumpy. This is all normal in the healing process.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater
- Sudden swelling, redness, bleeding, discoloration and/or foul drainage from the incision site
- Persistent nausea and/ or vomiting
- Pain not relieved with pain medication
- Development of any drug reaction or any other concerns

OFFICE TELEPHONE AND AFTER HOURS ANSWERING SERVICE: 505.888.3844

Patient Signature: _____ Date: _____

Witness Signature: _____ Date: _____