

1020 N MASON RD STE #110 SAINT LOUIS MO 63141

Office of Dr. Terence Myckatyn & Dr. Marissa Tenenbaum

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|---|---|
| Surgery Scheduling Assistant for Dr. Tenenbaum | Carol – 314-996-3040 |
| Surgery Scheduling Assistant for Dr. Myckatyn | Michelle - 314-996-3028 |
| West County Plastic Surgeons Nursing Line | 314-996-3201 |
| General Questions and Office Appointments | Front Desk – 314-996-8800 Option 2 |

Surgery DAY/TIME : _____ PLACE: _____ ARRIVAL TIME: _____

During office hours, questions can be answered by our office staff at **314-996-8800**.

After hours, please call Central Page for the Plastic Surgery Resident ON CALL at **314-362-1242**

Please note that our website (www.westcountyplasticsurgeons.wustl.edu) has detailed descriptions of most procedure

Labiaplasty

BEFORE SURGERY

SIX WEEKS BEFORE SURGERY:

1. **Smoking affects healing.** Please try to **stop smoking before and after surgery**. If you wish, we can prescribe Chantix or another medicine to help you quit.

TWO WEEKS BEFORE SURGERY:

1. Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed **“Medication and Supplement Alert List”** and let us know if you take any of them. Aspirin should not be taken 2 weeks before or after surgery. Tylenol is a good medicine to take for any aches or pains you may have prior to your surgery.
2. If you develop a cold, facial sore, or any other illness prior to surgery, please notify us.

3. If you are having surgery as an outpatient, please be sure arrangements have been made for a responsible adult to drive you to and pick you up after surgery and to stay with you for the first 24 hours.

TWO EVENINGS BEFORE SURGERY

1. Take Colace and Arnica

EVENING BEFORE SURGERY:

1. Have some jello and/or soup available for after surgery. Stock the freezer/cupboards with easy meals so you don't have to shop or cook for a few days.
2. Get a good night's rest.
3. Take Colace, Arnica, Zofran, Gabapentin and Celebrex.

DAY OF SURGERY

Arrive at the Hospital or Office at:

1. If your surgery is scheduled in the operating room drink 12 oz of water 4 HOURS before your scheduled surgery time. If your surgery is scheduled in the office you may eat and drink normally.
2. Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes overtop. Do not wear pullover tops or pantyhose. Remove all body piercing jewelry from all locations. Wear slip-on shoes.
3. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home.

AFTER SURGERY

1. **Diet.** A light diet is best for the rest of the day after surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day. Please be sure

to consume a diet rich in protein after surgery. This will encourage wound healing and may reduce your risk of post-operative seromas.

2. **Pain Control after Surgery.** If you have pain or discomfort, take the pain medication every 4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medication should not be taken together.
3. **Incisions.** Absorbable stitches are used. These will disintegrate within 2 weeks in most cases. The incisions are placed on the pink, inner surface of the labia minora. This surface should be kept slightly moist with *Vaseline*, *aquaphor*, or *polysporin* ointment to prevent dryness or crusting.
4. **Showering.** You may shower 48 hours after surgery. The incisions can get soapy and wet, but avoid applying full showerhead pressure to them. ***Avoid submerging under water in a tub or pool for 2 weeks.***
5. **Positioning.** Please avoid placing pressure on your labia for two weeks after surgery. Hard narrow seats should be avoided. Sitting positions that focus pressure on your thighs or buttocks should help to offset pressure on your labia reconstruction.
6. **Sexual intercourse.** Vaginal sexual intercourse should be avoided for 3 to 4 weeks following labiaplasty. Wait for your surgeon to release you to these activities.

OTHER POST-OPERATIVE INSTRUCTIONS

1. You may gradually resume normal daily activities after 48 hours, being careful to avoid any activity that causes pain or discomfort. Strenuous activities and exercises are to be avoided until 2-3 weeks after surgery. At that point, you may perform non-impact aerobics like the elliptical. Running, impact aerobics, and light upper body work can start once you are comfortable performing low impact exercises. Start slow and progress as tolerated. Call your plastic surgeon if you have any questions.
2. Driving may be resumed when you are off regular narcotic pain medicine.
3. Bruising and swelling are normal. This will disappear within 7 to 10 days.
4. Unusual sensations like numbness, sharpness, and burning may occur during the healing process. These sensations may last several weeks and will gradually disappear.

5. If you have any questions, sudden onset of extreme pain, fever, or redness, please call Dr. Myckatyn or Dr. Tenenbaum's office at (314) 996-8800.

RETURNING TO WORK:

1. Working from home : 2 to 7 days
2. Desk job : 5 - 14 days weeks
3. Up on your feet a lot : 10 to 14 days
4. Manual labor : 2 to 3 weeks

GENERAL INFORMATION:

1. Strenuous activity/heavy lifting of objects greater than 10 lbs should be avoided for 3-4 weeks.
2. Please take all medication carefully and as directed.
3. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
4. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

FOLLOW-UP:

Follow-up after surgery varies based on the extent of the procedure, any pre-existing health conditions you may have, how far away you live, and in the unusual event where there is a complication. For many patients follow-up includes:

- a) Follow-up within 1 week with our Nurses to check wounds, and to address any minor questions or concerns
- b) Physician follow-up at 3 weeks, 3 months and 1 year and to address any concerns