

**Labiaplasty, Vaginoplasty & Perineoplasty**  
**Post Operative Instructions following Vaginal Rejuvenation Surgery**

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**1. Right after Surgery:** You will be released from the surgery center approximately 1 to 2 hours following the completion of your procedure. You will need someone to drive you home and stay with you for the first 24 hours. If you have small children, you will want to arrange for help with the children for the first few days after surgery.

**2. Dressings:** For this procedure, you will not have many external dressings other than a feminine sanitary pad. This will need to be changed several times throughout the day. Prior to surgery, you will want to buy a package of soft, comfortable, absorbent, and fragrance-free feminine pads.

**3. Antibacterial Ointment:** Dr. Behmand will advise you to gently apply an antibacterial ointment to the external sutures along the labia and perineum ONLY (nothing inside of the vagina). Bacitracin or Polysporin can be used and applied 2 times daily.

**4. Showering:** You may shower 2 days after your procedure. Do not vigorously rub the surgical area. It is okay to gently wash with fragrance-free soap and water, and pat dry. Do not soak in a bath while the urinary catheter is still in place.

**5. Swelling & Bruising:** You will notice a moderate amount of swelling in the first week after surgery. Avoid tight fitting pants and thong underwear for the first two weeks as this could make the swelling more uncomfortable while compromising the healing wounds due to pressure and hard rubbing. The labia will likely become bruised and significantly swollen. This is expected and will resolve in time. Apply an ice pack to the area for the first 2 days. You may apply the ice pack 30 minutes on 30 minutes off.

**6. Medications:** All of your medications will be prescribed for you during your preoperative visit at our office. Please fill these prescriptions prior to your surgery. Take your medications as prescribed. Try not to take pain medication on an empty stomach; it can cause nausea. You only need to take the pain medication if you have discomfort. Taper off the pain medication when your pain level starts to decrease during the first week.

**7. Bowel Movements:** The medications which you receive around the time of your surgery are very constipating. Our goal is to prevent serious constipation as the pressure of straining can damage the healing wound in the perineal area. We recommend over the counter stool softener Colace, 100 mg taken twice daily, starting right after your surgery. The next step would be to use a MiraLAX laxative. It is essential to drink plenty of water throughout the day to make these softeners effective. The stool softener helps prevent and relieve constipation, but it is effective only if you are drinking plenty of fluids with it. If 3 days pass without a bowl movement, despite

the above measures, you may try over the counter Dulcolax suppository or a Fleets enema. You may gently support the area between the lower vagina and the anus with a flat placed finger from the outside during bowel movements to decrease discomfort.

**8. Urinary Catheter:** You may have a urinary catheter in place after surgery. The catheter is usually removed after 3-4 days at our office or we will provide you instructions on how to remove it at home. Do NOT take a soaking bath while the catheter is in place.

**9. Vaginal Packing:** If you had vaginoplasty or perineoplasty, a vaginal packing gauze will be in place. The end of this gauze will be hanging out several inches between the labia. Gently remove the gauze the morning after surgery. It will all come out in one thin, long piece.

**10. Soaking in Bath:** ONCE THE URINARY CATHETER IS OUT, you may soak in a bathtub 2 times daily for 15 minutes each. Use warm water, rather than hot water. Reapply antibiotic ointment to the suture line after the bath.

**11. Activity:** Allow yourself to rest following your surgery. It is OK for you to get up and use the restroom and walk around your house. But it is NOT OK for you to attempt exercise at ANY level until 6 weeks after surgery. When resting, move your legs and pump your feet hourly while awake to keep circulation of blood in your lower extremity. You may not do any type of household chores in the first 2 weeks and no lifting greater than five pounds in the first 4 weeks.

**12. Exercise & Sex:** Avoid exercise, aerobic activity (even fast walking), and either vaginal or anal intercourse for 6 weeks after surgery. Gentle appearing exercises such as yoga and pilates significantly increase the pressure and straining on your repaired pelvic floor and can damage the repairs of the operation. These exercises, along with aerobic and lifting exercises are to be strictly avoided. You may gradually resume all activity once cleared by Dr. Behmand, after a minimum of 6 weeks.

**13. Tampons:** Tampons should not be used for the first 6 weeks after surgery. If you have a menstrual period during this time, a feminine napkin or panty liner should be used. Do not insert anything into the vagina during the first 6 weeks after surgery.

**14. Driving:** Do not drive yet. After one week and once you are NO LONGER TAKING pain medication, you may start driving (if you feel comfortable enough). Be sure to continue wearing clothes that are loose fitting in the surgical areas.

**15. Follow-up:** During your preoperative appointment, you will be given a print out detailing the dates and times for your surgery and your first postoperative follow-up appointment. This sheet will be in the black folder given to you at our office during your preoperative visit.

**16. 24 Hour Answering Service:** Our office has a 24 hours answering service for your use in the event of any urgent issues after normal office hours. You may call our office at any time, and if necessary, the answering service will connect you with the doctor. The office telephone number is (925)939-9200. In the event of a medical emergency, please do call your local emergency responders or 911.