



Dr. Ramin Behmand | 204 23<sup>rd</sup> Avenue North, Nashville, TN 37203 | 615-576-3232

## Labiaplasty & Perineoplasty Pre/Post-Operative Instructions

### General Information

- If you are a smoker (cigarettes or vaping) or use nicotine supplements, gum, or patches, it is very important that you stop at least 4 weeks prior to surgery. Smoking or using nicotine products can prevent blood flow that is vital for recovery after any surgery.
- It is best to stop any vitamin/medication such as Aspirin, NSAIDS (ibuprofen), Fish Oil, Vitamin E, ADD/ADHD medications and any diet pills/supplements- 1 week prior to surgery and 2 weeks after surgery. These will thin your blood. **Tylenol is ok to take if needed.**
- Make sure you have your prescriptions filled and waiting for you at home prior to surgery.
- It is important to have someone with you at home for the first 24-48hrs after surgery. You may feel groggy from the anesthesia and the pain medications.
- Do not eat or drink after midnight the day before surgery
- Wear something comfortable-a shirt that either buttons or zips in the front and pants that are easy to put on.
- Do not take pain medications on an empty stomach. Eat a light snack 30 minutes prior to taking pain medications. If you find you are nauseous after taking the pain medication, take your nausea medication 30 mins prior to your next pill and this should help.
- Try to stay on top of your pain at first after surgery. Taking your medication as prescribed at first will make for an easier first week after surgery.
- Do not drive or operate heavy machinery while taking pain medication. If you are still taking narcotics by the time of your first post-op appointment, then have someone drive you.
- Constipation is common after surgery from the pain medication and the anesthesia. It is safe to take Mira Lax or Colace after surgery to help prevent this. If you have no improvement after 7 days, please notify the office.
- Stay hydrated and move around as tolerated after surgery. Light walking is ok. Be careful when you change positions from sitting to standing as this may cause lightheadedness. Staying hydrated and moving as tolerated helps prevent blood clots.
- Take frequent deep breaths, pump your feet and ankles intermittently, as tolerated, while sitting/laying to help prevent blood clots.
- No strenuous activities, heavy lifting, straining or activities that would elevate your heart rate after surgery until cleared to do so by Dr. Behmand

### What to Expect

- Place antibiotic ointment on area and you may wear a sanitary napkin to help with oozing.
- Ice pack area for 24 – 48 hours.
- A small amount of oozing is normal.
- Pat (do not wipe) area dry after using the restroom.
- No baths for four to six weeks.
- No pools, Jacuzzis, lakes, etc. for four to six weeks.

- No intercourse for six weeks.
- No running, riding bikes, speed walking, bouncing exercises for six weeks.
- No strenuous activities, heavy lifting, or activity that would elevate your heart rate after surgery
- You may shower the day after your surgery. Gently wash the incision area with a mild soap, rinse with warm water then gently pat dry.

**If you had a Perineoplasty:**

- 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 taking Miralax, which is a powdered laxative that helps keep water drawn in to your colon. Colace which is in pill form, and works in a similar way may be taken. If 2 days pass without a bowel movement, despite the above measures, try an 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.
- Urinary Catheter: You may have a urinary catheter in place after surgery. The catheter is usually removed after 1-3 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.
- Vaginal Packing: If you have had vaginoplasty or perineoplasty surgery, 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.

**When to call our office:**

- If you develop severe shortness of breath, chest pain or are experiencing a medical emergency, call 911 and then notify your physician
- If you develop a fever of 101.4 or higher
- If your pain medication stops working
- If you have markedly increased pain, bruising, swelling or bloody drainage
- If you develop leg swelling or pain
- If you have persistent nausea or vomiting
- If you are uncertain about a medication or treatment
- If you are experiencing any adverse symptoms or changes that you do not understand
- If you have ANY questions or concerns

**Dr. Behmand's Office Phone Number: 615-576-3232**

If it is after office hours when you call, push one when prompted and you will be transferred to the answering service who will notify the person on call to call you back. Please do not email with medical questions, medical concerns or during a medical emergency as our email is not monitored after business hours or when we are seeing patients.

Signature and Date\_\_\_\_\_