



CANADIAN PLASTIC SURGERY CENTRE

LABIA MINORA &/OR MAJORA REDUCTION SURGERY **POST-OPERATIVE INSTRUCTIONS**

- The pain medication prescribed to you will either be Tylenol #3 or Dilaudid. You can take 1-2 tablets every 4-6 hours as needed.
- Immediately after surgery, you should apply an ice compress to the area and rest.
- The day after your surgery:
 - You will start doing Epsom Salt (unscented) sitz baths 2-3 times a day for 2 weeks (fill a basin with warm water, add 1 tablespoon of Epsom Salt, remain sitting in the basin for 10-15 minutes).
 - After completing the required 2 weeks of Epsom Salt sitz baths, change to Baking Soda sitz baths for 1 week.
 - Separate the labia minora and labia majora, as they may stick together due to swelling or the glue used on the incision lines.
 - Pat the area dry and do NOT wipe to avoid pulling the stitches.
 - Apply Fucidin cream 2-3 times a day on your incision area after each sitz bath. Fucidin cream on the incision line will help keep the area moist to promote healing and minimize scarring.
- Pour water over the incision site after using the bathroom each time and pat the area dry.
- Some bleeding, pain, and swelling are normal.
- You may benefit from wearing a pad for the bleeding. Bleeding will stop in 1-3 days.
- Wear comfortable loose clothing so as to prevent any unnecessary pressure or damage to the area.
- Full cotton underwear is recommended. NO thongs.
- You can purchase and apply Canesten cream for any symptoms of redness, irritation, and itchiness to the area.
- No exercise for 3-6 weeks following the surgery or until Dr. Chivers or his nurse clear you.
- It is advised that you do not engage in sexual intercourse for 4 weeks or until recommended by your doctor to prevent your incisions from opening.

If you have any questions or non-emergent concerns, please call our office at: (416) 244-8377, Monday-Friday 9 am-6 pm, or email us at info@canadiansurgery.com.

**For emergencies, please call Centenary Hospital Locating at (416) 281-7111 and ask to have Dr. Chivers paged. If necessary, proceed to the Centenary Hospital Emergency where Dr. Chivers can meet you.*

Patient Initials: _____