

1020 N MASON RD STE #110 SAINT LOUIS MO 63141

Office of Dr. Terence Myckatyn & Dr. Marissa Tenenbaum

Surgery Scheduling Assistant for Dr. Tenenbaum	Carol – 314-996-3040
Surgery Scheduling Assistant for Dr. Myckatyn	Michelle - 314-996-3028
Cosmetic Patient Concierge	Kristi – 314-996-8133
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 (IN OFFICE)

BEFORE SURGERY

SIX WEEKS BEFORE SURGERY:

1. **Smoking affects healing.** Please **stop smoking 2 weeks before through 2 weeks 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. Please be sure arrangements have been made for a responsible adult to drive you to and pick you up after surgery and to be available to you for the first 24 hours.
4. **PLEASE CALL THE NURSE LINE AT 314-996-3201 FOR YOUR POST OPERATIVE MEDICATION. THEY WILL CALL THESE PRESCRIPTIONS INTO YOUR PHARMACY.**

TWO EVENINGS BEFORE SURGERY

1. Shave or wax your pubic area carefully.

DAY BEFORE SURGERY:

1. Begin Colace 100mg three times daily as prescribed.
2. Shower with an anti-bacterial soap the evening before surgery.
3. Take Celebrex 200mg at bedtime the night before surgery.

MORNING OF SURGERY

1. Shower with an antibacterial soap, do not use powders or sprays.
2. Eat a light meal before coming in for your procedure.
3. Take first dose of Diflucan 150 mg and other approved medications.
4. Do not wear jewelry. Dress in loose, comfortable clothes. Remove all body piercing jewelry from all locations. Wear slip-on shoes.
5. 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.
6. Bring Ativan 1 mg tablet with you to take in office after signing consents 30 minutes before scheduled procedure.

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.
2. **Pain Control after Surgery-** If you have pain or discomfort, take **Tylenol 1000 mg** every 6 hours. It is best to take pain medication with crackers, jello, etc. **Celebrex 200 mg** taken twice daily will help with swelling.
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 Intrasite Gel to prevent dryness or crusting.
4. **Toileting-** Use syringe with tap water to clean the incisions after toileting, do not wipe.
5. **Showering-** You may shower 24 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.**
6. **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.
7. **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