



COSMETIC SURGERY
OF LAS VEGAS

DR SAMIR PANCHOLI

Labiaplasty – Post Surgery Care

Shopping: Obtain these items before surgery.

- Prescriptions
- Supplies:
 - Ice Packs *or* Frozen Peas and Ziploc Bags
 - Sanitary Pads (Maxi pads)
 - Antibiotic ointment
 - Q-tips
- Food – Day 1: Simple, easy to digest foods (toast, crackers, Ensure or Boost, pudding, soup, etc.)
Day 2 and forward: normal diet.

Dressings/Bandages:

- The bandage that is in place after surgery may be changed as necessary with new sanitary pads.
- Continue to use sanitary pads until seen at your 1 week visit.

Sutures:

- Your sutures are dissolvable.

Wound Care:

- Apply antibiotic ointment gently with a Q-tip starting the first day after surgery to all incisions
- You may shower daily starting 24 hours after surgery.
- Do not bathe.

Activity:

COSMETIC SURGERY OF LAS VEGAS

Patient: _____

Date: 8/17/2010

- Up to 4 weeks:
 - Do nothing that raises your heart rate or blood pressure including but not limited to:
 - Sex
 - Lifting
 - Exercise
 - No vaginal intercourse
 - Avoid nicotine to avoid healing complications.
 - Avoid drinking alcoholic beverages to minimize bleeding.
 - Do not lift anything over 10 pounds.
- Up to 2 weeks:
 - Do not lift anything over 5 pounds.
 - Be careful sitting down and standing up.
 - Keep your incision areas well lubricated with antibiotic ointment.
- Up to 1 week:
 - Limit your activity level.
- Up to 72 hours:
 - Apply cool packs to your incisions (Frozen peas in Ziploc bags or crushed ice in a cloth towel).

Special Instructions:

- Swelling, bruising, and mild bloody drainage are normal during the first week.
 - If bloody drainage persists or is heavy, contact Dr. Pancholi
- It is important to limit activity and to keep your incisions lubricated during your first two weeks. This will limit the risk for the sewn skin edges from coming apart.
 - If you noticed the skin edges coming apart, notify Dr. Pancholi
- Do not drive any vehicles or operate and heavy machinery:
 - 36 hours following your surgery.
 - 4 hours following your last dose of pain medication.
 - 8 hours following your last dose of sleep medication.
- Prescriptions:
 - If you have a sensitive stomach, take your antibiotic with yogurt.
 - If your pain medicine is making you sick:
 - Lower the dose.
 - Take it with food.
 - Notify Dr. Pancholi.

Patient

Signature: _____

Date: _____

Address: _____

Phone: _____

Guardian
Signature: _____

Relation
to Patient

Date: _____

Dr. Pancholi _____

Date: _____

Witness _____

Date: _____