



**DR. ESTA BOVILL** MD, PhD, FRCS (Plast)  
PLASTIC & RECONSTRUCTIVE SURGERY

## LABIAPLASTY INSTRUCTIONS

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### BEFORE YOUR SURGERY

Before taking any medication **READ THIS!**

1. No aspirin (ASA) or anti-inflammatory medicine. **NOTHING** containing aspirin like products\* for two (2) weeks before surgery since it interferes with normal blood clotting.  
Check the list at the end of these instructions for Aspirin and Advil contained products and if in doubt, call us or a pharmacist. If needed, Tylenol or Extra-Strength Tylenol (Acetaminophen) may be used instead.
2. Do not take Arnica Montana or Traumeel. There is no proven evidence that it helps with post op bruising and it may in fact cause post op bleeding.
3. Nutritional Supplements to **AVOID** are: Bilberry, Cayenne, Echinacea, Feverfew, Fish oil, Garlic, Ginger, Ginkgo Biloba, Ginseng, Kava Kava, Valerian, Licorice Root, Ma Huang, St. John's Wort, Vitamin E, Yohimbe. or other herbs for 2 weeks prior to surgery (longer if possible) as they also can cause thinning of the blood.
4. Take 500 mg of Vitamin C per day for two weeks prior to surgery and for two weeks after surgery. This is the specified dosage to help with wound repair so exceeding this amount will be wasted.
5. Smokers must quit smoking before surgery – if having a general anesthetic, smoking dramatically increases the risk of major complications of surgery and anaesthesia. For all labiaplasty procedures smoking increases the risk of poor

wound healing , skin necrosis and infection. If you need assistance, such as nicotine patch treatment, please ask your family physician

6. Report any signs of a cold, infection, boils or pustules appearing within 1 week before surgery.
7. Have your prescriptions filled immediately after your pre-operative visit. It is also advised to get a stool softener, such as Senekot, as codeine pain medications cause constipation.
8. Remove all jewelry, body piercings including both internal and external. (Jewelry may cause injury while moving from one bed to another and burns may occur from cautery equipment used during surgery.)

## DAY OF SURGERY

1. Take your usual medications, with the exceptions of blood thinners as above.
2. Wear comfortable, loose fitting clothes.
3. You must have a responsible adult to drive for you after surgery.
4. If you have any questions before your surgery, please call our office weekdays between 9:00 a.m. and 5:00 p.m.
5. If you would like, you may bring earphones to listen to music etc .during the surgery.

## AFTER YOUR SURGERY

1. REST on the couch or bed for the first 24 hours. You may get up to go to the bathroom or for short walks with help. After the 1st day, go for frequent short walks.
2. Take medications according to instructions on bottle. Regular extra-strength Tylenol is often sufficient; Ibuprofen or Naproxen may also be added in post-operatively. If taking strong narcotics, or if other pain medications make you feel "spacey" or drowsy, have someone else give you your medicines according to the proper time intervals. Under such circumstances you could forget and take them too often. The period of greatest discomfort is usually the day after surgery, and starts to decrease about two to three days later.
3. Gently apply Polysporin ointment on the area before and after passing urine (the before is to soothe the passage!)
4. Dampen a Sanitary pad or several and place them in the freezer. Once they have thawed out slightly it will be soothing to place one on your perineal area and help decrease any swelling.
5. For cleansing you may want to use a squirt bottle.
6. Wear loose cotton underwear.
7. Call 604-874-2078 if you have:
  - a) severe pain not responding to pain medicine
  - b) sudden onset of extreme swelling

8. Avoid smoke or lifting / straining after your operation to prevent coughing and possible bleeding, as well as skin loss.
9. Bathing: You may shower and allow running water across the area the first- or second-day following surgery. Sitz baths with Epsom salts are good after 48 hrs. Otherwise NO SOAPS please. The delicate vaginal flora may be disrupted, cause pH changes and subsequent irritation which is miserable but could also allow infection to develop.

## ACTIVITY

NO BIKES, SEX OR HORSE RIDING FOR SIX WEEKS!! Your sutures are all dissolvable and internal. The incisions are quick to heal but delicate. Wound breakdown can cause poor scarring and strictures.

Feel free to call us. We want you to be as comfortable as possible during your healing period. If you need assistance after office hours, please call the office (604-874- 2078) and leave a message with the answering service and they will contact Dr. Bovill directly.

## OFFICE VISITS

First Visit: 7-10 days following surgery.

Subsequent Visits: Will be determined by Dr. Bovill, possibly 2-3 weeks later, and usually six weeks post-op, prior to resuming normal activity.

*\*ASA or anti-inflammatory containing drugs*

*(\*i.e., Anacin, ASA, Bufferin, Calmine, Coricidin, Coryphen, Dolomine, Dristan Capsules, Entrophen, Herbopyrine, Instantine, Kalmex, Madelon, MED Tigol, Midol, Nervine, Nezgar Norgestic, Novasen, Novo AC&C, Pain AID, Robaxisal, 217, 222, 282, 292's, Upsarin. Also AC with codeine, Asantine, Coryphen, Darvon products, Endodan, Fiorinal, Novopropoxyn, Oxycodan, Painex, Percodan, Phenaphen, Robaxisal, 692, Tecnal, 282's, 292's, Artrol, Trilisate, Diclofenac, (Apo-Diclo, ApoDiclo SR, Arthrotec,*

*Diclofenac, Ect, Novo-Difenac, Novo-Difenac SR, Nu-Diclo, Taro Diclofenac, Voltaren, Voltaren SR), Diclofenac potassium,(Voltaren Rapide), Diflunisal (Apo-Diflunisal, Dolobid, Novo-Diflunasil, Nu-Diflunisal), Etodolac (Ultradol), Fenoprofen Calcium, (Nalfon), Floctafenine (Idarac), Flurbiprofen (Anacad, Apoflurbiprophen FC, Froben, Froben SR, Novo- Flurprofen, Nu-flurbiprofen), Ibuprofen (Actiprofen, Advil, Advil Cold and Sinus, Amersol, Apo- Ibuprofen, Exedrin, IB, Medipren, Motrin, Motrin IB, Novo- Profen, Nuprin, Nu-Ibuprofen, Sinus PR & Pain reliever with Ibuprofen), Indomethacin,*

*Apo-Indomethacin, Indocid, Indocid SR, Indolec, Nov-Methacin, Nu-Indo, Pro-Indo, Rhodacine (Ketroprofen), Apo-Keto, Apo-Keto-E, Novo-Keto, Novo-Keto-Ec, Nu-Ketroprofen, Nu-Ketroprofen-E, Orudis, Orudis-E, Orudis-SR, Oruvail, (PMS- Ketroprofen, PMS-Ketoprofen- E, Rhodis, Rhodis-EC), Ketorolac tromethamine (Acular, Toradol), Magnesium Salicylate (Back-Ese-M, Doan's Backache pills, Herbogesic), Mefenamic Acid (Ponstan) Nabumetone (Relafen), Naproxen (Apo-Naproxen, Naprosyn, Naprosyn-E, Naxen, Novo-Naprox, Nu-Naprox, PMS-Naproxen), Naproxen Sodium, anaprox, anaprox DS, Apo-Napro-Na, Naproxin-NA, Novo-Naprox Sodium, Synflex, Synflex DS. Oxyphenbutazone, Oxybutazone, Phenylbutazone, Alka Phenyl, Alka Phenylbutazone, Apo- Phenylbutazone, Butazolidin, Novo-Butazone, Phenylone Plus, Piroxicam, Feldene, Kenral- Piroxicam, Nova-Pirocam, Nu-Pirox, PMS-Piroxicam, Pro- Piroxicam, Rho-Piroxicam, Salsalate, Disalcid, Sodium Salicylate, Dodd's, Dodd's Extra Strength, Sulindac, Apo-Sulin, Clinoril, Nova-Sundac, Nu-Sulindac, Sulindac, Tenoxicam, Mobilflex, Tiaprofenicacid, Albert Tiafen, Apo-Tiaprofenic, Surgam, Surgam SR, Tolmetin sodium, Novo-Tolmetin, Tolectin*