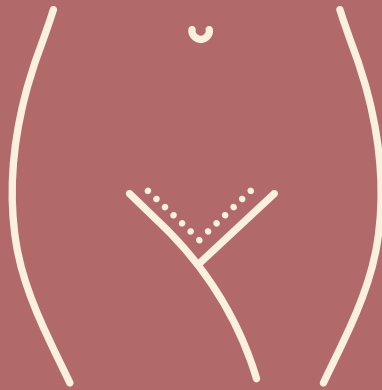




PRE AND POST LABIAPLASTY SURGERY GUIDE

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Pre-Surgery Guidelines



2 weeks before surgery:

- Inform our staff of any medications or vitamins you are taking at least 2 weeks before your scheduled surgery date.
- Cease supplements 2 weeks prior to your surgery and refrain from using them until 2 weeks after surgery unless instructed otherwise by your GP, specialist, or surgeon.



Inform your Surgeon if you are on any of the following:

- Multivitamins
- Vitamin E
- Supplements containing garlic, ginger, ginkgo biloba, evening primrose oil, fish oil, or omega-3 (e.g., krill oil)
- Nurofen or Nurofen Plus
- Aspirin, Plavix, Disprin, Apixiban, Riveroxiban, Aspro Clear, Ibuprofen or any other blood-thinning or anti-inflammatory medications (blood thinners and can cause bleeding)
- Ozempic or equivalent weight loss medication should be stopped 3 weeks prior to surgery and only clear fluids diet the day prior to surgery.



Important Notice:

If you are on a blood-thinning medication, consult your GP and notify your surgeon's clinic before discontinuing its use. Taking any of the medications or vitamins listed above may increase your risk of bleeding and could necessitate the cancellation of your surgery.



Smoking Cessation:

You must stop smoking and/or vaping at least 8 weeks prior and after surgery, or your procedure will be deferred, and fees may apply. Smoking cessation would be confirmed with a blood test prior to your procedure. For optimal healing, avoid smoking for as long as possible after surgery.



If you have any questions or concerns regarding this information, please contact our office.



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Morning Of Surgery



Showering:

On the morning of your surgery, please take a thorough hot shower and wash your hair. You will not be able to shower again until 24 hours after your surgery.



Clothing:

Wear comfortable, loose-fitting clothing, such as a button-down shirt and slip-on flat shoes. Please avoid wearing lace or tight-fitting underwear. Do not wear perfume, contact lenses, or any jewellery on the day of surgery. Be sure to bring your glasses and their case.



Transportation:

You must arrange for a family member or friend to drive you to and from the hospital, as the hospital will not allow you to leave on your own. This includes leaving by taxi, Uber, train, or bus. Additionally, someone must stay with you for the first 72 hours following surgery in case of any adverse reactions to the anaesthesia.



Fasting:

You will receive your admission time from the hospital the day prior to your surgery.

You need to fast (No food or drinks) for at least 6 hours prior to your admission time.

They can have water only up until 2 hours prior to their admission time.

For most patients it means you should be fasting from midnight the night prior to surgery.



Important Information for Day Surgery Patients:

If you are being admitted as a day case (no overnight stay required), keep the following in mind:

- The major effects of anaesthesia wear off quickly, but minor effects on memory, balance, and muscle function may persist for several hours. These effects vary by individual.
- You are not permitted to drive while taking pain medication.
- You must have access to a mobile phone.
- Avoid operating machinery or making important decisions for at least 72 hours after anaesthesia.



Arrival:

Plan to arrive at the hospital 10 minutes early on the day of your surgery.



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Post-Surgery Medications & Pain Management



We hope your recovery from surgery is going well. This plan is designed to help you manage postoperative pain. While some pain is inevitable after surgery, our goal is to make it as manageable as possible while minimising medication side effects. It is best to remain active to speed up your recovery. Your anaesthetist may give you a script for some or all of the following medications. These medications may not eliminate all pain but will help make you more comfortable. The discomfort will decrease over time as your body heals, with the pain typically being most intense in the first 24-48 hours and gradually improving thereafter. Staying active can also help distract you from the discomfort and speed up your recovery.



Please adhere to this plan closely for the best results. If you have allergies to any of the listed medications, do not take them without consulting your doctor.

Paracetamol (Panadol)	Ibuprofen (Nurofen)	Diazepam (Valium)	Tapentadol IR (immediate release)	Keflex (Antibiotics)
500mg	200mg	2mg	50mg	500mg
Take 2 tablets every 6 hours for 10 days. (No prescription required)	Take 2 tablets every 8 hours with food for 10 days. (No prescription required)	Take 1 tablet 3 times a day for 5 days. (If you feel drowsy, reduce the dosage)	Take 1 tablet only when needed, up to every 6 hours.	Take 1 tablet every 6 hours for 10 days. (This is an antibiotic)

Note: Due to strict prescription regulations, we cannot provide more medication than what is prescribed. If you need additional prescriptions, please follow up with your GP, as they will need to review your condition. It may be wise to schedule a GP appointment before your medication runs out.



Supplements for Wound Healing:

Vitamin C, Zinc, and Magnesium are after surgery as they may assist with wound healing. Please consult your GP or pharmacist for appropriate dosage recommendations.



Emergency Contact:

In case of an emergency, please contact 000, or the Concord Hospital Switchboard at (02) 9767 5000 to reach the Plastics Registrar on call or go to the nearest Emergency Department. Please also email or call the rooms to inform us of your progress.



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Post-Surgery Care Instructions:



Rest & Recovery:

- Positioning: When resting or sleeping, lie on your back to minimize pressure on the area.
- Ice Packs: Apply cold packs to reduce swelling, especially in the first 24-48 hours. Wrap the ice pack in a cloth to avoid direct contact with the skin.



Activity:

- Sexual Activity: Avoid engaging in sexual activity for at least 4-6 weeks or as advised by your surgeon.
- Strenuous Activity: Avoid any form of exercise, heavy lifting, or activities that may strain the area for 4-6 weeks.
- Walking: Light walking is encouraged to improve circulation and reduce the risk of blood clots.
- No Swimming/Baths: Avoid baths, swimming pools, or hot tubs for at least 4-6 weeks. Stick to showers until cleared by your doctor.



Bathing & Wound Care

- Cleanliness: Gently clean the area daily with lukewarm water. Pat dry with a clean towel - avoid rubbing the area and avoid the use of tampons for 4-6 weeks.
- Dressings: If your surgeon provides dressings, keep them clean and dry. Follow your doctor's instructions on changing them.



Clothing

- Loose Clothing: Wear loose, breathable underwear and clothing to avoid friction on the healing area.



Sutures:

- Your sutures are self-dissolving. If any sutures poke out or cause irritation, please contact the office or see your GP to have them trimmed.



Driving:

- You may drive when it does not cause pain, and you can do so defensively (usually after 1 week). Avoid driving if you are still taking strong painkillers or sedatives.



Postoperative Appointments:

- Your first follow-up will be with a nurse or doctor. You'll typically see your surgeon at 3, 6, and 12 months post-op.



Other Recommendations:

- Avoid alcohol and smoking to promote optimal healing.



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Post-Surgery Mobility Exercises

It's important to gently stretch your chest and abdominal muscles after surgery, especially if you've been less mobile in the first few days. To do this safely and effectively, we recommend the following exercises:



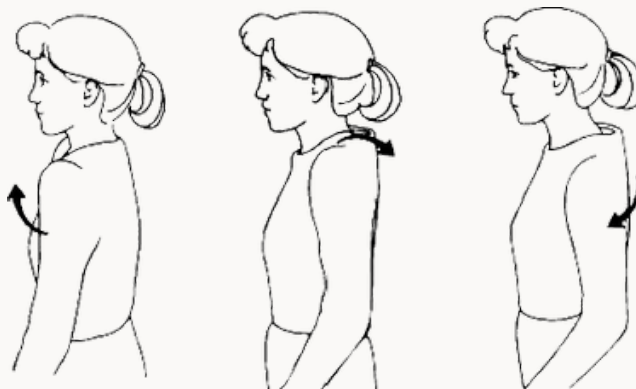
Deep Breaths - *This helps stretch your chest muscles by expanding your ribs and ensures your lungs fully expand after anaesthesia.*

- Take a deep breath, hold for 2-3 seconds.



Shoulder Shrugs and Circles - *These help stretch your chest and shoulders while relieving tension in your neck and shoulders.*

- Bring your shoulders forward, up, back, and down in a large circle. Start with smaller circles if you feel stiff, gradually increasing the size as you loosen up. Repeat 5 to 10 times.



These exercises can be repeated several times a day, starting on day 1 post-surgery, and will help you feel more mobile and speed up recovery by stretching your pec muscles.



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What's Normal To Expect

1. **Swelling** is worth noting that around 6-8 weeks after surgery many patients will experience an increase in inflammation and swelling as the body goes through a healing process. This is a natural healing process that can't be sped up or avoided. Please note timing will vary from patient to patient.
2. **Numbness and Sensitivity** - It is very common to experience numbness after surgery. You will find that sensation and feeling return over the coming weeks and months following surgery. This is particularly apparent in the skin around the incision.
3. **Discomfort** - Mild to moderate discomfort. This should be manageable with the prescribed pain relief.
4. **Bloating and Water Retention** - Abdominal bloating and fluid retention are common after surgery and will subside as you begin moving around more.



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Thank you for diligently following these post-operative guidelines. Your commitment to proper scar care and recovery will greatly contribute to achieving the best possible results.

If you have any questions or need further assistance, please don't hesitate to reach out. Your health and satisfaction are our top priorities.

YOUR BEAUTY, OUR EXPERTISE.

