

## LABIOPLASTY INSTRUCTIONS

**\*FAILURE TO FOLLOW THESE INSTRUCTION MAY LEAD TO CANCELLATION OF SURGERY AND FURTHER FEES WILL APPLY**

### **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. One month before surgery (or as close to one month as possible) STOP taking birth control pills, hormone replacement and other hormones to reduce the risk of blood clot formation. Please use alternate methods of birth control please.
3. 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.
4. 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.
5. 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.
6. Smokers should quit smoking before surgery - smoking dramatically increases the risk of major complications of surgery and anaesthesia such as severe respiratory complications, skin death and increase risk of infection. If you need assistance, such as nicotine patch treatment, please ask your family physician
7. No alcohol for 48 hours prior to surgery.
8. Report any signs of a cold, infection, boils or pustules appearing within 1 week before surgery.
9. Arrange for a responsible adult to drive you to your home or hotel and care for you overnight after surgery. If transport is needed a caregiver can be organized for you at an additional cost.
10. 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.
11. Gravol Suppositories may be helpful for nausea and vomiting post- operatively.

Gravol products can be purchased without a prescription.

12. 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.)

NOTHING TO EAT OR DRINK FROM MIDNIGHT THE NIGHT BEFORE SURGERY. No gum, candy, or water please.

SURGERY and PICK-UP TIMES are subject to CHANGE. We will attempt to give you notice IF POSSIBLE.

### **DAY OF SURGERY**

1. No make-up. Do not use cream on face or body. Remove contact lenses. No nail polish on fingers nails and that includes gel and shellac.
2. Do not take medication of any kind (unless instructed by Dr. Gelfant). If you have high blood pressure medication you may take it in the morning but only with small sip of water.
3. Wear comfortable, loose fitting clothes that do not need to be placed over your head. No pantyhose, please.
4. You must have a responsible adult to drive for you after surgery.
5. You must have a responsible adult spend the first night with you. Additional instructions and prescriptions can be given to the person calling for you. Such prescriptions should be filled promptly.
6. If you have any questions before your surgery, please call our office weekdays between 9:00 a.m. and 5:00 p.m.

### **AFTER YOUR SURGERY**

1. Rest in 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. 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.
3. The period of greatest discomfort is usually the day after surgery, and starts to decrease about two to three days later.
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 underwear.
7. No alcohol while taking medication post-operatively
8. Call 604-874-2078 if you have:
  - a) severe pain not responding to pain medicine

- b) sudden onset of extreme swelling
  - c) if bandages seem too tight
  - d) if any other question or problem arises
9. Avoid smoking after your operation to prevent coughing and possible bleeding, as well as skin loss.
  10. Avoid prolonged exposure to sun and heat for 1 month since it could cause swelling and firmness.
  11. Bathing: You may shower the first- or second-day following surgery.

Feel free to call upon us at any time. 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. Gelfant directly.

## OFFICE VISITS

First Visit: the first day the office is open following surgery, or the day after.

Second Visit: 1 to 1- 1/2 weeks following surgery.

Subsequent Visits: Will be determined by Dr. Gelfant, usually two and four weeks later, then six months and one year after surgery.

## 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 Norgesic, 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, Artrrol, 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- Ketoprofen, 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