



**TUAN A. TRAN M.D., M.B.A, F.A.C.S.**

**Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery**

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*General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery*

## **Vaginal Rejuvenation**

### **(Labiaplasty, Vaginoplasty & Perineoplasty)**

### **Post-Operative Instructions**

#### **Right after Surgery**

You will be released from the surgery center approximately 1 to 2 hours following the completion of your procedure. You will need someone to drive you home and stay with you for the first 24 hours. If you have small children, you will want to arrange for help for the first few days after surgery.

#### **Dressings**

For this procedure, you will not have many external dressings other than a feminine sanitary pad. This will need to be changed several times throughout the day. Prior to surgery, you will want to buy a package of soft, comfortable, absorbent, and fragrance-free feminine pads.

#### **Antibacterial Ointment**

Dr. Tran will advise you to gently apply an antibacterial ointment to the external sutures along the labia and perineum ONLY (nothing inside of the vagina). Bacitracin, Neosporin or Polysporin can be used and applied 2 times daily.

#### **Showering**

You may shower 2 days after your procedure. Do not vigorously rub the surgical area. It is okay to gently wash with fragrance-free soap and water, and pat dry. Do not soak in a bath while the urinary catheter is still in place.

#### **Swelling & Bruising**

You will notice a moderate amount of swelling in the first week after surgery. Avoid tight fitting pants and thong underwear for the first two weeks as this could make the swelling more uncomfortable while compromising the healing wounds due to pressure and hard rubbing. The labia will likely become bruised and significantly swollen. This is expected and will be resolved in time. Apply an ice pack to the area for the first 2 days. You may apply the ice pack 30 minutes on 30 minutes off.

#### **Medications**

All of your medications will be prescribed for you during your preoperative visit at our office. Please fill these prescriptions prior to your surgery. Take your medications as prescribed. Try not to take pain medication on an empty stomach; it can cause nausea. Take your pain medication only as needed. Taper off the pain medication when your pain level starts to decrease during the first week.



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## **Bowel Movement**

The medications which you receive around the time of your surgery are very constipating. Our goal is to prevent serious constipation as the pressure of straining can damage the healing wound in the perineal area. I recommend over the counter stool softener Colace, 100 mg taken twice daily, starting right after your surgery. The next step would be to use a MiraLAX laxative. It is essential to drink plenty of water throughout the day to make these softeners effective. The stool softener helps prevent and relieve constipation, but it is effective only if you are drinking plenty of fluids with it. If three days pass without a bowl movement, despite the above measures, you may try over the counter Dulcolax suppository or a Fleets enema. You may gently support the area between the lower vagina and the anus with a flat placed finger from the outside during bowel movements to decrease discomfort.

## **Urinary Catheter**

You may have a urinary catheter in place after surgery. The catheter is usually removed after 3-4 days at our office or we will provide you instructions on how to remove it at home. Do NOT take a soaking bath while the catheter is in place.

## **Vaginal Packing**

If you had vaginoplasty or perineoplasty, a vaginal packing gauze will be in place. The end of this gauze will be hanging out several inches between the labia. Gently remove the gauze the morning after surgery. It will all come out in one thin, long piece.

## **Soaking in Bath**

ONCE THE URINARY CATHETER IS OUT, you may soak in a bathtub 2 times daily for 15 minutes each. Use warm water, rather than hot water. Reapply antibiotic ointment to the suture line after the bath.

## **Activity**

Allow yourself to rest following your surgery. It is OK for you to get up and use the restroom and walk around your house. But it is NOT OK for you to attempt exercise at ANY level until 6 weeks after surgery. When resting, move your legs and pump your feet hourly while awake to keep circulation of blood in your lower extremity. You may not do any type of heavy household chores in the first 2 weeks and no lifting greater than ten pounds in the first 6 weeks.

## **Exercise & Sex**

Avoid exercise, aerobic activity (even fast walking), and either vaginal or anal intercourse for 6 weeks after surgery. Gentle appearing exercises such as yoga and Pilate significantly increase the pressure and straining on your repaired pelvic floor and can damage the repairs of the operation. These exercises, along with aerobic and lifting exercises are to be strictly avoided. You may gradually resume all activity once cleared by Dr. Tran, after a minimum of 6 weeks.



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## **Tampons**

Tampons should not be used for the first 6 weeks after surgery. If you have a menstrual period during this time, a feminine napkin or panty liner should be used. Do not insert anything into the vagina during the first 6 weeks after surgery.

## **Driving**

Do not drive immediately after surgery. After one week and once you are **NO LONGER TAKING** narcotic pain medication, you may start driving (if you feel comfortable enough). Be sure to continue wearing clothes that are loose fitting in the surgical areas.

## **Follow-up**

At your pre-operative appointment, our office staff will schedule your first post-operative visit 7 days following your procedure. At this appointment, Dr. Tran will check on the treated area and provide you with further care instructions.

## **Possible Problems/Emergency**

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

### *References:*

Ramin A, Behmand, M.D. (N/A). *Labiaplasty, vaginoplasty & perineoplasty: Post-operative instructions following vaginal rejuvenation surgery*. Retrieved from <https://www.drbehmand.com/wp-content/uploads/2015/07/Postop-Instructions-Vaginal-Rejuvenation.pdf>