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AESTHETIC SURGERY

CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

MEMBER AMERICAN SOCIETY OF PLASTIC SURGEONS

AFTER CARE INSTRUCTIONS for GENITAL PROCEEDURES

MEDICATIONS

- You will be prescribed narcotic pain medication which you should take as needed and directed. While most of these medications are prescribed to be taken 1 to 2 pills every 4 to 6 hours, you may find it better to take 1 pill every 2 to 3 hours if the effects start wearing off too soon. However, do not exceed the prescribed amount per day.
- As your pain decreases, you may switch to over the counter Tylenol (acetaminophen). Keep in mind that you should not take more than 4000 mg of acetaminophen per a day. Your narcotic medication may also contain acetaminophen so you need to be aware of your total dose from all the medications you are using.
- Ibuprofen (ie-Advil, Motrin) or naproxen (Aleve) may be started the same day as your surgery and may be used together with your narcotic pain medications and/or with acetaminophen. However, do not use ibuprofen or naproxen if you have had problems with stomach ulcers, kidney problems or if you have been told by a doctor not to use nonsteroidal anti-inflammatory drugs (NSAIDs).
- Purchase an over the counter stool softener (Metamucil, Colace) while taking narcotic pain medication. This helps avoid constipation.
- You may resume taking your routine medications, unless your physician instructs you differently.

DIET

- You should start resuming your normal diet gradually.
- Do NOT drink alcohol for 48 hours (2 days) after surgery or while taking narcotics.

CLOTHING INSTRUCTIONS

- Wear loose, comfortable clothing.

ACTIVITY

- **SHOWER:** You may shower the day after surgery. Do **NOT** take a tub bath, swim, or whirlpool for 3 weeks or if there are any openings in the incision.
- If you have paper tape or Steri-Strips over the incisions, do **NOT** remove them. You may still shower with them and they will be removed in the office.
- To maintain circulation and prevent blood clots in your legs, it is important to get out of your chair or bed every hour and walk around for a few minutes. You do not need to do this during your normal sleeping hours.
- **DRIVING:** You may begin driving the day after surgery; longer if you do not feel comfortable with your reflexes behind the wheel. Do not drive while taking narcotic medications.
- Do **NOT** do any strenuous activity or exercise/ activities (running, weight lifting, aerobics, vacuuming) for 4 weeks. After you start exercising, go slowly over 1 to 2 weeks until you are comfortable with the exercises.
- Do **NOT** engage in any sexual activity for 4 weeks; resume when approved by Dr. Gutowski.
- Do **NOT** drive or handle heavy machinery while taking narcotic pain medication or muscle relaxant medications.

WHAT ELSE TO EXPECT

- Some pain and discomfort for 3 to 4 weeks, although it should gradually get better from the first two to three 2 to 3 days.
- You may notice a small amount of drainage from the incision sites on the first one 1 to 2 days. This is normal. You may cover with gauze or a feminine hygiene pad.
- If there are any sutures, they will be removed in 2 weeks after your surgery if they have not fallen out by themselves.
- After surgery, you will experience some mild swelling.

INCISION CARE

- If there is tape on your incision, then there is nothing to do until Dr. Gutowski removed the tape.
- For labiaplasties, apply Vaseline or an antibiotic ointment to the incisions three times a day for 3 days. Please apply a thin coating only. Excessive amounts of ointment are not necessary.

SCAR MANAGEMENT

See Incision and Scar Care instructions

ADDITIONAL INSTRUCTIONS

- Look at your incisions once a day to note any signs of infection:
- **SIGNS of INFECTION** include:
 - Incision area becoming red and warm to the touch.
 - Drainage leaking from incision site that is cloudy or pus-like.
 - Excessive swelling. Or more swelling on one side or the other.

WHEN TO CALL DR. GUTOWSKI

- Fever over 100.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication.
- Persistent problems with nausea or vomiting
- **CHEST PAIN or TROUBLE BREATHING: CALL 911 or go to an Emergency Room**