

Alessandro Surgery Center
73-710 Alessandro Drive, Suite A1
Palm Desert, CA 92260
Phone Number: 760-837-0364
Fax Number: 760-837-3843
www.csipd.com



LABIAPLASTY

PRE-OPERATIVE INSTRUCTIONS

You are scheduled for surgery on <TF.ProcAppt.Date>at <TF.ProcAppt.Time>, at
Cosmetic Surgery Institute of Palm Desert, 73--710 Alessandro Drive, Palm Desert, California.

1. All financial obligations must be fulfilled before surgery.
2. Make sure your blood work is done and the Institute has a copy of the test results.
3. Please check that you have received a copy of your post-op medication order.
4. Do not take aspirin or aspirin containing products (see separate sheet for what to avoid) for **two weeks prior to surgery**.
5. If you take any medications on a routine basis, please continue to do so, but advise the doctor and his nurse so they can tell you what to take the day of surgery.
6. **You cannot drive yourself home.** Please have a responsible adult pick you up and stay with you for the first 24 hours. You will need to leave the name and telephone number of the person picking you up at the front desk.
7. Do not wear any jewelry or bring any valuables. Please leave these items home.
8. Do not wear contact lenses.
9. The day before, and the day of surgery, shower with an antibacterial soap two times. Do not apply powders or creams to-the body.
10. Wear comfortable loose fitting clothing that pulls on or buttons in the front and flat slip on shoes.
11. If you smoke, please try to cut down or stop at least one week before surgery. This will help you heal better.
12. **Do not eat or drink after midnight the night before surgery.**

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POST-OPERATIVE INSTRUCTIONS

1. Please review the instructions below to assist in your recovery from your surgery-general guidelines
2. Place a piece of gauze between your labia.
3. Wear cotton undergarments and avoid any undergarment that is tight or irritating.
4. Relax and rest for one to two days following your procedure. Avoid excessive walking, sitting for prolonged periods of time, and unnecessary exertion. You will recover quicker and easier if you take it easy for these days immediately post-op.
5. Avoid exercise (no running, heavy lifting, straining, etc.) for two weeks. Avoid straddle activities like cycling, horseback riding, etc., for at least four weeks.
6. Refrain from sexual activity for four weeks.
7. Take the antibiotic as prescribed to help prevent infection.
8. You may take the narcotic medication as prescribed for discomfort or you may take over-the-counter Tylenol Extra Strength as directed. Do not take any aspirin products for two weeks following the procedure.
9. You may shower tomorrow - pat your labia dry, do not rub. Do not take a bath or go swimming for two weeks.
10. The incisions were closed with absorbable suture. This suture dissolves on its own and does not need to be removed.
11. Follow-up in two weeks for a post-operative appointment. Call to make this appointment.

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