



POST-OPERATIVE CARE

LABIA PLASTY

CosMediTour

WELCOME

We're so excited you've entrusted us to guide and support you throughout your journey.

Helping you confidently prepare for your procedure is a privilege we take very seriously. This includes ensuring that you're informed ahead of your surgery about your own Post-Operative Care.

We've prepared this Guide to highlight the Do's and Don'ts of Post-Operative Care so you can optimise your own recovery. We've also outlined when you should seek medical advice. We do hope you find it useful.

If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633. Remember, your well-being is our top priority, and we're here for you every step of the way.

Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.



POST-OP CARE



BRUISING & SWELLING

Bruising and swelling will peak in the first 2-3 weeks post-surgery. Bruising can last 3-4 weeks and swelling for up to 6 months. It is normal to feel pain or discomfort for 2-3 weeks.

- DO NOT** lift anything heavy for 6 weeks post-surgery.
- DO NOT** use tampons for 6 weeks.
- DO NOT** have sexual intercourse for 6 weeks.
- DO** use clean cold packs (or ice wrapped in a dry washcloth). Apply for 20 mins, then remove for 20 mins. Repeat this process for the first 3 days.
- DO** be patient for swelling to disappear.
- DO** wear comfortable loose fitting clothing and avoid tight friction clothing



MEDICATION

You will be given pain medication which contains a mild narcotic and may make you feel light-headed or even nauseous. You will also be prescribed antibiotics to prevent infection. Anti-Inflammatories, Anti-Nausea, Laxatives, and sleep aids may also be discussed with your surgeon or the nurse team as needed.

- DO NOT** take the pain medication if it is no longer required.
- DO NOT** take Aspirin or any medication containing Aspirin or Vitamin E for 2 weeks after surgery to prevent bleeding & bruising.
- DO NOT** take any unnecessary supplements.
- DO** strictly follow your Surgeon's instructions regarding medication.
- DO** take your full course of oral antibiotics as instructed.
- DO** ask your surgeon about taking Panadol, Nurofen, or Nuromol to help manage pain.



SMOKING

Smoking or vaping nicotine and marijuana use can delay wound healing.

- DO NOT** smoke, vape or use nicotine patches for 6 weeks.
- DO NOT** smoke or ingest marijuana/cannabis for 6 weeks.



WOUND CARE

Proper care on and around your incision sites will be critical for optimum healing. Your initial wound care whilst in Thailand will be primarily monitored by the nurses and surgeons. After surgery, you will have sutures, and may have tape over the incision sites.

- DO NOT** touch your incisions without gloves until healed over.
- DO NOT** pull on stitches, even if they are protruding, see Suture Care.
- DO NOT** sunbathe or expose your incisions to sunlight for 2 months. Sunlight can darken scars. After 2 months, use a high SPF sunscreen.
- DO** apply an antibiotic ointment (Chlorsig Ointment, Polysporin) twice daily upon arrival home (or as advised by your Surgeon). Use clean gloves or cotton buds.
- DO** wear pads/panty liners for 6 weeks post surgery.
- DO** schedule a check up with your GP to review your incision sites within 1 week after getting home.



WATER, HUMIDITY & SWEAT EXPOSURE

To reduce your risk of infection, you **MUST** keep your incisions dry for 7 days. Even a 5-minute walk in Thailand's humid conditions or a dip in a pool or hot tub significantly increases your chance of infection.

- DO NOT** unnecessarily expose yourself to water, humidity or sweat.
- DO NOT** swim in pools, ocean, spa, jacuzzi, or sauna for 2 months.
- DO** stay inside, preferably in climate-controlled areas to avoid humidity.
- DO** avoid any physical exertion - even mild exertion (i.e. walking).
- DO** use a blow dryer on a low setting at least 10 inches from your incision site to help keep the area dry, after showering etc.



SLEEP AND REST

Rest is critical after surgery to enable your body to recover. After Labia Surgery, allow for 1 week of rest.

- DO NOT** sleep on your side or front for 6 weeks. Instead, sleep only on your back.
- DO** use 2 pillows on either side of your waist to keep you from turning on to your side and to rest your arms on.



FOOD & DRINK

There are certain things to avoid to reduce your risk of post-surgery complications. In any foreign country, the food may contain contaminants, bacteria, viruses or parasites that your body won't be used to that may cause post-operative complications.

- DO NOT** consume alcohol for at least 2 - 3 weeks.
- DO NOT** eat undercooked or raw food, including sushi or salads.
- DO NOT** eat food that has been sitting for a long time. Make sure it's freshly cooked.
- DO NOT** consume ice that may have been made with tap water.
- DO NOT** eat at Thai seafood markets.
- DO** drink plenty of water. Opt for bottled water.
- DO** eat fruits that can be peeled.
- DO** use hand sanitiser before and after eating.



EXERCISE

Exercising too soon after surgery dramatically increases your risk of complications.

- DO NOT** do any strenuous exercise for 6 weeks (other than gentle walks after 2 weeks).
- DO NOT** swim for at least 8 weeks.
- DO NOT** attempt running, or heavy cardio for 6-8 weeks.
- DO NOT** attempt biking, or horse-back riding for at least 2 months



SUTURE CARE

You will have 2 types of sutures used for your labia surgery. Dissolvable and Non-Dissolvable sutures. Majority of your non-dissolvable sutures will be removed prior your departure from Thailand. These are black or blue in colour. Dissolvable sutures will be left intact, they are clear or white in colour.

When it comes to sutures, it's not uncommon for any remaining sutures to make their way to the surface of your skin. Most of the time, you can either feel them poking through, or your body may form a small opening/hole, or a pimple appearance. This is usually a suture that is trying to make its way out, also known as a stitch abscess.

Black or Blue sutures are usually "non-dissolvable", and will need to be removed by your GP. The area then needs to be kept clean with Betadine, with a topical anti-biotic Chlorsig ointment applied with a bandage and changed every 2-3 days, until healed (1-2 weeks).

If the suture is clear or white, this is usually a "dissolvable suture". These sutures are meant to be remaining and should NOT be removed. If they are poking out, you can clip them so that they are flush with the skin, but do not tweeze or pull them out. If the area is open, irritated, or looks like a sore/pimple, the area then needs to be kept clean, with a topical anti-biotic applied with a bandage and changed every 2-3 days, until healed (1-2 weeks).

Any signs of infection such as spreading redness, hot skin, fever, or severe pain, please see your GP urgently.

WHEN TO SEEK HELP

Wondering if what you're experiencing is part of the normal healing process? It can often be difficult to decipher when you should seek help after your surgery. If in doubt, please use the Checklist below as a guide.

PATIENT CHECKLIST	YES	NO
Do you have a fever higher than 38°C?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing sharp pain?	<input type="checkbox"/>	<input type="checkbox"/>
Have you noticed that pain killers aren't helping to reduce your pain and/or fever?	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced any sudden & visible swelling?	<input type="checkbox"/>	<input type="checkbox"/>
Are your incision sites red and hot?	<input type="checkbox"/>	<input type="checkbox"/>
Do you see puss or unusual discharge coming from your incision sites?	<input type="checkbox"/>	<input type="checkbox"/>
Have you formed any excessive bruising since leaving Thailand?	<input type="checkbox"/>	<input type="checkbox"/>

If you answer 'Yes' to any of the above it may be a sign of infection or complication. In which case, you should contact your Surgeon immediately. We're also here to support you. If you'd like to discuss any part of your recovery, please connect with your Client Manager.

SURGEON NOTES

Medications Prescribed:

Medication Instructions:

Post Op Garment:

Special Instructions:

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All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.