

Post-Operative Instructions

Vaginal Rejuvenation

Following your surgery, it is important that you follow Dr. Shaddix's post-operative instructions closely. If you have any questions regarding these instructions or any other aspect of your care, please call our office at (850) 476-7100.

General

- It is sometimes helpful to have someone available to help you care for yourself for the first 24 hours after your procedure.
- Rest as much as possible during the first three days. Your body needs rest to heal.
- The ideal position for the first few days is lying flat on your back on the couch or in bed and not sitting directly on the treated area. Also, avoid excessive walking. This will help reduce swelling.
- Depending on your job, you should be able to return to work within 3-4 days with some duty restrictions.

Medications

- For the first ten days after surgery, do not take aspirin, aspirin-containing products, or any NSAIDs (Bufferin, Anacin, Excedrin, Aleve, Ibuprofen, Motrin, many cough and cold medications, etc.).
- Please remember that the pain medication contains Tylenol. It is NOT safe to take regular Tylenol at the same time you are taking the pain medication.
- When taking the prescription pain medication, you should not drink alcohol or drive a car.
- Constipation is common while taking pain medication. An over-the-counter stool softener is recommended.
- Take your antibiotic until it is all gone.
- Only take the Diflucan if you develop a yeast infection.

Activity

- No strenuous activity is permitted in the first 3 weeks after surgery. You may return to light exercise after you are cleared to do so at your 3-week follow-up appointment.
- Wait 6 weeks after surgery before engaging in any sexual activity.
- No yoga, horseback riding, motorcycles, bicycles, or other straddle activities for 8 weeks.

Diet

- The pain medication may make you nauseous. Drink liquids and eat only mild foods at first. When you feel like it, you may resume your regular diet.
- Increase your fluid intake in the first week after surgery.

Incision Care



- You may shower 48 hours after surgery allowing soap and water to run over the area. Gently pat dry.
- Using a Q-tip, gently apply antibiotic ointment to the incision lines twice daily for the first 3 days.
- Cold compresses are helpful in the first 3 days. Use a clean cloth or thin pad over the area and gently apply the cooling pack. Do not apply ice or cold compresses directly to your skin.
- For 1 week, after using the restroom, spray Hibiclens soap on the area and pat dry (do not forcefully wipe). Baby wipes often work better than toilet paper. With either, simply pat and do not wipe. Dr. Shaddix will provide you with the spray bottle and the Hibiclens soap.
- Wear a light feminine pad for the first 1-2 weeks to absorb any drainage and avoid irritation from your undergarments.
- Do not wear tight fitting or irritating undergarments for 4 weeks.
- Do not use tampons or insert anything into the vagina for 6 weeks.

Things to Avoid

- Do not smoke or become exposed to second-hand smoke.
- Do not swim in a pool/lake/river/ocean for 6 weeks following surgery.
- Sauna and steam baths should be avoided for 6 weeks following surgery.
- No tanning beds or sun exposure to the area until the incisions are completely healed.

Things to Look For

- If you develop a fever greater than 101°F, increasing pain, increasing swelling, redness around the incisions, or concerning drainage from the incisions, call Dr. Shaddix immediately on his cell phone number that will be provided to you on the day of surgery.

Things to Expect

- You will be very swollen and bruised/discolored in the first few weeks. This will likely be more significant than you were expecting, but it will improve with time.
- The area will look irregular and bumpy for several weeks. This too will improve with time.
- The final result will take several months to reach. Do not be concerned by the initial appearance.
- There may be some numbness of the area while it is swollen.
- The sutures will all dissolve. They may cause some itching as they do.
- Scars will become reddened before they fade. They will look their worst at 3 months. This is normal and will improve.

Follow-up

- Dr. Shaddix would like to see you 1 week after surgery, 3 weeks after surgery, and then again at 3 months.
- Please call our office if your initial postoperative appointment has not been scheduled for you prior to surgery.
- Please remember that we are here for you to answer any and all questions, no matter how small! If you have a question, it is likely that we have the answer.

