



## ONE WEEK BEFORE

## LABIAPLASTY

SURGERY DATE: \_\_\_\_\_

START DATE: \_\_\_\_\_

At your pre-op appointment you will receive a recovery bag that contains everything you should need:

- Hibiclens
- Spray bottle with nozzle
- Mesh underwear
- Dermoplast Spray
- 5% Lidocaine Cream
- Donut Pillow
- Tucks
- Dulcolax Chews Stool softeners
- Panty Liners
- Re-usable ice packs
- Triple Antibiotic Ointment



- Your **BLT numbing cream** is specially compounded for you by Big Country Dermatology Pharmacy, Abilene Texas, 17 Windmill Circle,

Suite B. Phone: (325) 704-0130. A prescription will be sent electronically and you will be contacted for payment of \$45.00.

At your pre-op appointment prescriptions for your pain medication and nausea medicine will be sent to your pharmacy of choice electronically. Make sure to pick these up prior to your procedure. Your BLT numbing cream will be shipped to the office. We will notify you when ready for pick-up. If you have not received your BLT cream before your procedure, please call the office 325.690.0620.

**BRING THE BLT CREAM WITH YOU TO THE SURGERY CENTER ON THE DAY OF YOUR PROCEDURE.**

### **One week prior to your surgery:**

- Begin Docolax stool softeners (1 per day)
- Wash your vaginal area with Hibiclens daily to help kill bacteria
- Trim or shave vaginal area
- No Aspirin products
- No Ibuprofen
- No Vitamin E
- You may begin an **Arnika and Bromelin** Supplement to help with bruising and swelling



- Avoid restricted medications for 2 weeks after surgery
- Make sure you have an oral thermometer to take your temperature with
- Get plenty of rest and hydrate well prior to your surgery
- Prepare your “recovery area” in your home
- On the morning of your surgery take a shower using the Hibiclens



Your surgery will be performed at ACOM, 6449 Central Park Blvd., Abilene, Texas 79606. Phone: (325) 400-2319. A nurse will contact you and review your medical history and give you instructions for the day of your procedure. You will be given instructions on payment for the facility and anesthesia charges. ACOM has a portal where you can fill out forms and make online payments at **[acomurgery.com](http://acomurgery.com)**.

My goal is for you to have the best results possible while minimizing your discomfort and down time. Please adhere to the pre- and post-op instructions carefully, as this will allow you to heal properly and quickly to optimize your outcome. If you have any questions please call the office as we are here to help you! **(325) 690-0620**

**GOOD LUCK!**

*Stefanie McCain, MD, FACOG*