

PREOPERATIVE INSTRUCTIONS FOR AESTHETIC VULVOVAGINAL SURGERY

- Discontinue all non-prescription medications 14 days before surgery (except for Tylenol and medications for constipation)
- ONLY take your prescription medications that you routinely take in the morning with water the morning of the procedure (Confirm that all prescription medications have been approved by Dr Castillo)
- It is strongly recommended that you do not smoke at least 2 weeks before and after your procedure. Smoking interferes with proper healing and can affect your cosmetic outcome.
- Arrange for transportation to and from the office on the day of your procedure. For your safety, it is recommended that you not drive for 24 hours after your procedure. Your driver may wait in the waiting room or leave during your procedure and return to pick you up when your surgery is complete. Taxi is not permitted.
- Eat a light meal the morning of the procedure. Do not fast. It is important that you consume a light meal within 2 hours of your procedure time, especially if you have a history of hypoglycemia.
- Please shave all of the pubic hair in this area the morning of your procedure and remove all nail polish from fingers.
- Apply prescribed Anesthetic cream to entire vaginal area one hour before appointment time. Cover area with saran wrap between vagina and your underwear to keep area moistened and prevent the anesthetic cream from rubbing off on your underwear. Bring the anesthetic cream with you for a second application in the office immediately before your procedure.
- Fill prescriptions given to you and bring them to the office with you the day of your procedure.
 - Please take a dose of your antibiotic before coming in for the procedure
 - You may be given the following prescriptions:
 - Ciprofloxacin (Cipro) 250 mg –Antibiotic
 - Cephalexin (Keflex) 500 mg –Antibiotic
 - Celebrex 200mg –Anti-inflammatory
 - Vicodin or Percocet – Pain control
 - Arnica Montana – Homeopathic bruise/swelling prevention
- If you have asthma, please bring your inhaler and any other medications you use to recover from an asthma attack
- Please arrive at the office with a moderately full bladder. We will need to obtain a urine sample for a urine pregnancy test.
- Do not wear jewelry or bring valuables with you.
- A parent or legal guardian must accompany a minor (under 18) and sign consent. Legal Guardian must stay on premises during the procedure
- Bring loose fitting underwear, loose-fitting exercise attire and low-heeled shoes. Please avoid thong panties until after your 6 week post-op visit
- Items needed at home:
 - Frozen peas in zip-lock bags (works great for ice packs and may be re-frozen and re-used)
 - Loose underwear (no thongs)
 - Small cooler (if you don't already have one)
 - Proper nutrition, water and Gatorade will improve your chances for proper healing
- Notify us if you develop a cold (fever, cough) or any illness before your procedure
- Your surgery may be cancelled if:
 - You arrive late
 - Have a positive pregnancy test
 - You are ill
 - Your fee has not been paid
- Please call us at (408) 358-2511 if you have any questions or concerns regarding your procedure

IN-OFFICE PROCEDURE – WHAT TO EXPECT

- It will take 30-45 minutes to prep for the procedure + procedure time + 1 hour recovery time.
- When you arrive you will be given a medication to help you to relax for the procedure.
- You will be given an injection in the area where the doctor will be working so that you do not feel any discomfort during the procedure.
- You will be offered some music options to listen to while the procedure is taking place.

POSTOPERATIVE INSTRUCTIONS AND EXPECTATIONS **(OFFICE AESTHETIC VULVOVAGINAL SURGERY)**

For most if not all of my patients, I recommend few but strict post-operative rules to follow to improve recovery and post-op outcomes. The rules are as follows and this should answer many of your post-operative questions.

FOR FIRST 48 HOURS:

- **Ice:** Apply ice (frozen peas) to vaginal area for 20 minutes every hour. This will reduce swelling and decrease pain.
- **Medications:** Complete taking Antibiotic and Celebrex as prescribed until completely gone. Take your pain medications as needed. Staying ahead of your pain with Celebrex and reserving your pain medications only when needed will aide in healing and minimize narcotic use.
- **Alcohol:** Avoid alcoholic beverages for 24 hours following surgery
- **Activity:** Rest for first 24-48 hours.
- **Diet:** Be sure to drink plenty of water and eat a normal diet. Nutrition is important in healing.
- **Bathing:** No baths. Only showers.

FOR 4 WEEKS POST-OP YOU SHOULD:

- During this time period you can work and go about your daily routine, but we want to allow time for the sutures to heal and not risk opening the incisions by following these simple but important rules:
 - Avoid lifting greater than 5 lbs. or anything that looks larger than a gallon of milk
 - Avoid strenuous exercise
 - Avoid Intercourse /Bathtubs/Jacuzzi/Swimming/Tampons. In other words nothing that would go into the vagina.
 - Avoid submerging in water: You may shower but avoid bathtubs or swimming and avoid scrubbing the area.
 - Lastly, try not to look at your repair more than one time per week. Healing of this area takes up to 6 weeks to achieve the final result.

YOU MAY:

- Work: I recommend taking 1 week off from work after surgery
- Drive: You may resume driving 24 hours after surgery provided you are no longer taking narcotic pain medications.
- Climb stairs (plan your day to avoid 10 trips up and down)
- Be driven by another party. You may drive after 48 hours
- Take care of most of your daily needs as long as you avoid the above restrictions.

YOU CAN EXPECT:

- **Bleeding/spotting:** It is normal to have a small amount of bleeding or yellowish discharge from your incision sites for 3-4 weeks after surgery
- **Pain:** The most effective way to manage pain following vulvo-vaginal surgery is to apply an ice-pack (bag of frozen peas) to the vaginal area for 20 minutes at a time with at least 20 minutes in between applications. In addition, take 600mg of **Ibuprofen** (advil, motrin) every 6 hours around the clock for the first 72 hours after your surgery **OR** 200mg **Celebrex** twice daily, if you were given a prescription for this. **DO NOT TAKE BOTH IBUPROFEN AND CELEBREX AT THE SAME TIME.**
- You will be prescribed Vicodin or Norco. Take the Vicodin or Percocet with the Ibuprofen OR Celebrex for breakthrough pain. Do not take Tylenol (acetomenophen) while taking Vicodin or Norco as these already contain Tylenol.
- **Incisions:** You will need to schedule a **10 day post-op appointment**. Some sutures may be removed at this time to prevent scarring or abnormal healing. If instructed, you may be apply the topical anesthetic cream to the vaginal area one hour prior to your appointment. The sutures will dissolve over 4-6 weeks.
- **Constipation:** This is a common problem after surgery. Take over the counter Docusate Sodium (Colace) 100mg tablets 1-2 times daily to keep stool soft. If constipation is a chronic problem or not relieved with Docusate Sodium, you may take Miralax or Milk of Magnesia 1-2 tablespoons daily. Please call the office if you are unable to have a bowel movement after 3 days.

If you need anything, please call the office directly.