

viva eve

Cosmetic Gynecology · Labiaplasty & Vaginoplasty

PATIENT PRE-OPERATION AND POST-OPERATION INSTRUCTIONS

At your Pre-Op your surgeon will order the following tests:

CBC (blood count test), PTT (bleeding disorder test), Pregnancy test, Covid test, Both Covid test and Pregnancy test again on the day of your surgery.
If you are positive for Covid or if you are Pregnant, your surgery will be postponed

HOW TO PREPARE FOR YOUR COSMETIC SURGERY PROCEDURE:

4 Weeks Prior to Surgery	Please stop taking supplements, such as vitamin C, herbal supplements, and weight-loss supplements.
2 Weeks Prior	<ul style="list-style-type: none">• Please discontinue blood thinners and medications such as NSAIDs (Advil, Ibuprofen, Naproxen, etc.). If you aren't sure if your medications fall into these categories, please ask your doctor.• If you smoke, please stop 2 weeks prior to surgery.
The Night Before Surgery	<ul style="list-style-type: none">• Get some rest! The night before your procedure, get plenty of sleep. This will help ensure that your body can recover quickly and properly.• Please avoid eating and drinking after midnight the night before your procedure. However, if you have medications you need to take, these can often be taken with a small sip of water. Please call us and ask if you have any questions. Please expect a phone call from your doctor the night before surgery for a quick check-in.
Other Preparatory Notes	<ul style="list-style-type: none">• Please ensure you have an escort home after your procedure. You will go under mild sedation (anesthesia) during the procedure, so you must be picked up by a trusted friend, family member, partner or caretaker after your time in our recovery room.• Purchase some sanitary pads/liners and cotton underwear at home for post-op care.

POST OP INSTRUCTIONS & WHAT TO EXPECT:

Immediately After Surgery	<p>You'll spend a short time (about an hour on average) in recovery here at Viva Eve. Our expert nurses will help manage any discomfort immediately after surgery. You will not be discharged until you're stable and approved to leave by our expert medical team.</p> <p>You'll be sent home with pain medication (usually Ibuprofen 800mg). Any pain should subside within 2 days. Please contact our team if you have any pain that persists.</p>
The First 24 Hours after Surgery	The first day after your procedure, you should expect there to be swelling in the general treatment area. Some discomfort and swelling can be expected and is normal. Bleeding is unlikely, a bit of spotting can be expected. Apply Vaseline/Petroleum Jelly to keep the area moisturized and comfortable. This also helps with healing. We recommend using a spray bottle of water on the affected area during and after urinating to help stop stinging and keep the area clean.
The First Week after Surgery	Swelling can be expected to last for the first 5-7 days after treatment. You will come to see us for a follow-up appointment a week after your procedure to ensure that you are healing properly and to track your results.
The First 6 Weeks After Surgery	<p>When showering, please be careful not to wash vigorously. Use mild/gentle soap or simply warm water when bathing.</p> <p>You must avoid the following for the first 6 weeks after Surgery:</p> <ul style="list-style-type: none">• Swimming Pools/Jacuzzis• Douching, tampons, anything inserted into the vagina• Sexual Intercourse

If you are unsure about any of these instructions, please call our office at 212-988-2111, send us and email or contact our team via KLARA if you have any questions or concerns.