

PATIENT INFORMATION SHEET

Post Operative Instructions

Perineoplasty (Fenton's), Labioplasty, Monarc

1. Take it easy at home!
2. May expect some light bleeding for up to 1 week
3. Stitches will dissolve over 1 month
4. No intercourse / tampons for 3 weeks
5. May shower immediately; bath after 1 week
6. May drive day after tomorrow
7. Diet/fluids as desired
8. Avoid constipation
9. Light low impact exercise as soon as you wish eg, walking, pilates, yoga. Wait 3 weeks for heavy exercise eg jogging, cycling.
10. Follow up with Dr Ward in 6 weeks.