

Guidelines related to your Intimate Surgery

Dear patient,

questions related to intimate surgery procedures often arise before your surgery. To help you to prepare for your operation and the time afterwards, we have put some guidelines together for you.

Preparation for your operation

- If you undergo your operation under general anaesthesia you will have to be fasting. Please discuss the start and duration of the fasting period with the anaesthesiologist during your anaesthetic consultation.
- If you wish to buy additional private insurance (“Folgekostenversicherung”), you will have to do that at least one day before your surgery. Make sure you choose the right type of insurance!
- Stop taking blood thinners, e.g. Aspirin®, ASS or Cumarine at least 2 weeks before your operation. If you need to take the medication on a regularly basis, please discuss with your family doctor/internist before your operation how/when to stop or "bridge" your medication.
- Nicotine should be avoided at least 2 weeks before and after your operation, preferably 6 weeks before and after your operation. This also applies to chewing tobacco, water pipes, nicotine patches and nicotine gum.
- You should avoid alcohol and excessive consumption of coffee and chocolate for at least 1 week before and after your operation.
- Please refrain from using body lotion in the genital area on the day of your operation. Shaved pubic hair makes the operation easier.
- No metal may be worn on the body during the operation, therefore remove jewellery, earrings, piercings etc. beforehand.

After your operation

- Get someone to pick you up after your operation. Under no circumstances you should drive yourself! Furthermore, someone should be at home with you at least for the first night.
- Drink plenty and regularly in small amounts after your operation.

Aftercare

- After your operation you should not just lie in bed or on the couch. The best prophylaxis of thrombosis is exercise! Therefore, go for regular walks, ideally accompanied.
- Get yourself some Iodine ointment. The ointment should be applied two to three times a day. If you are allergic to Iodine, you must not use this ointment! You should also obtain some thick panty liners to catch any blood remnants and the Iodine ointment. It is generally advisable to wear dark comfortable cotton underwear for the first few days after your operation.

- Bruising and/or swelling after your operation is normal and will subside within a few weeks. You can cool your operation site. However, please avoid direct contact of ice with the skin or mucosa. If autologous fat has been injected, the injected areas must not be cooled!
- Self-dissolving sutures are usually used. If those sutures are not dissolved after 3 to 4 weeks, please contact us. Dr. Sattler will then remove the remaining sutures for you.
- When showering, the genital area should only be rinsed carefully with clear water. When drying off, the operated area should only be dabbed carefully.
- Blood pressure spikes and high pulse rates, e.g. due to overexertion, sport or sexual intercourse, should be avoided. In general, sport, sexual intercourse, cycling, horse riding and other manipulations in the genital area should be avoided until the wound has healed.
- Sauna, steam baths, swimming pools and whirlpools should be avoided for at least 6 weeks. The same applies to bath tubs, bathing in lakes, the sea or public swimming pools.
- Eat healthy and make sure you have an adequate intake of Proteins, Vitamin C and Zinc. Do not stay fasting for health or religious reasons after your operation, since this could impair wound healing. Eating pineapple helps against swelling. The pineapple enzyme (Bromelain) can also be taken in tablet form. Heparin ointment helps against bruising and diclofenac gel against swelling, pain and muscle aches. Of course, these substances should not be used if you suffer from any allergies related to these substances!
- Dr. Sattler cannot issue a sick note ("AU") for work after your operation. Please contact your family doctor/Gynaecologist in this regard. However, the German law says that you have to take holiday leave if you are unable to work after an aesthetic procedure.

Give yourself and your body a break and be patient. Make sure to attend the check-up appointments with Dr. Sattler and follow the guidelines stated above. In urgent emergencies outside our consultation hours, please contact a plastic surgery emergency clinic, e.g. at the UKE in Hamburg.

Your Plastic Surgery Team Dr. Sattler

I have taken note of the guidelines and will comply with them.

Place, Date, Signature of the Patient