

Going Home After Your Labioplasty Operation Leaflet – Information for patients

This leaflet has been provided to help you care for yourself at home after your Labioplasty operation.

On the day of your discharge home from hospital

We will give you some painkillers to take home with you.

The nursing staff or Clinical Nurse Specialist (CNS) will answer any questions you may have before you go home.

Please remember that you will feel tired the first 2 weeks you are at home and therefore it is good to have support from family and friends during this time.

Home Routine

Hormones

Start taking these again 2 weeks after you return home. You will need a lower dose, typically $\frac{1}{3}$ – $\frac{1}{2}$ of the dose you were taking before surgery.

After 1 month of restarting your hormones, make an appointment with your GP to have your blood tested. This is to make sure that the level of hormones is right for you and to check that there are no side effects.

If there are any problems, you should ask to see Dr Seal, the GIC endocrinologist.

Bathing

Bath or shower as often as you like, but ideally you should aim to do this twice a day for the first week or so. Make sure that you use a clean towel to pat your wound dry. You should do this until your wound is fully healed.

Is there anything I need to watch out for at home

We do hope that you will have no problems after your discharge home from hospital.

It is common to have a small amount of superficial infection, which usually clears up with careful, thorough washing and good hygiene. However, if you experience an increase in discharge or bleeding, an offensive odour, or are worried about anything, you should:

Call the CNS on her mobile (0790 685 9811) or via the hospital switchboard (dial 020 8846 1234 and ask for bleep 5996). She is normally available during the day, Monday to Friday. If the voicemail is on, please leave a message and she will return your call.

Contact your GP, who should be able to deal with any minor infections or problems. S/he can always contact us for advice.

Telephone the ward you were on via the hospital switchboard on 020 8846 1234. The nurses have considerable experience of this operation and are often able to give advice and reassurance.

Call the Gender Team's secretary on 020 383 0160. She can take a message, discuss your concerns with one of the team and make a clinic appointment for you if necessary.

In an emergency, go to your nearest Accident & Emergency (Casualty) Department. Take this leaflet with you as it will have our contact telephone numbers for them to use.

Take care, good luck and remember to contact the CNS if you have any queries or concerns.