

Pre & Aftercare Information

Mons Reduction



This information has been provided to enhance your journey through your treatment pathway. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).
For out of hours emergencies and at weekends, please call 07753 211771.

Procedure Information

Preparation before surgery:

- Smoking (cigarettes or e-cigarette with nicotine) - you should avoid or significantly reduce the amount you smoke. Nicotine causes the blood vessels to close up and this effect lasts for 45 - 60 minutes following inhalation. It is one of the most important requirements to lower the risk of postoperative infection and other healing complications. Ideally we would suggest to avoid smoking for a minimum of one month before and after surgery.
- Please arrange transport home with a family member or friend. Do not drive after surgery.
- You may require regular pain relief for the first few days or slightly longer. We will supply the appropriate painkillers for you to take home.
- Do NOT take Arnica or herbal tablets 10 days before and 3 days after your surgery. This will significantly reduce your risk of bruising. If you are on blood thinning medication, notify us immediately.
- If your procedure is under general anaesthetic, please observe the following: Flying before and after surgery: Short haul (less than 3 hours - you must not fly for 7 days before your procedure and 7 days after your procedure) Long haul (more than 3 hours - you must not fly for 14 days before your procedure and 14 days after your procedure).
- We will provide you with surgical garments, to be worn for 2 weeks.
- If your procedure is under general anesthesia, We ask that you remove false eyelashes and nail treatments including varnish before attending for surgery, as well as fake tan and all jewellery. PLEASE READ OUR GENERAL ANAESTHETIC INFORMATION SENT WITH YOUR CONFIRMATION OF SURGERY EMAIL.

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The day of surgery:

Please observe the following on the day of your surgery:

- Enjoy a light meal before attending, UNLESS you are scheduled for twilight sedation or a general anaesthetic and observing your fasting instructions which are as follows:
 - Do not eat anything up to 6 hours beforehand. This includes boiled sweets and chewing gum.
 - Do not drink anything but water up to 4 hours before your surgery. Please stop drinking altogether up to 2 hours before your surgery.
- Shower on the morning of surgery and avoid applying moisturisers and creams.
- Wear loose fitting trousers.
- As your surgery is a day case, you do not need to pack for surgery however, we recommend you bring along your phone and charger and a pair of slippers or slipper socks.

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Immediately after your surgery:

We will call you the day after your surgery to see how you are feeling and to also make follow up appointments. This will consist of:

- Approx 1 week follow up with our nurse and wound care specialist.
- Approx 6 week follow up in clinic or by phone, if you live at a considerable distance.

If you have any concerns, our door is always open and additional follow up appointments can be scheduled by contacting your patient coordinator or Bella Vou directly.

- You may shower the day after surgery, we encourage you to do so daily to reduce the risk of infection, use shower gel to wash making sure it's thoroughly rinsed from the incisions. Please leave the tape on the site until you come for your follow up appointment. The tape is very hard wearing and shouldn't come off in the shower, so do get them wet. You can use a hair dryer on a cool setting to dry the tape after or dab the it dry with your towel. The tape will remain on for 3 months, we will ask you to replace it weekly until then and will provide a supply in your aftercare bag to take home.
- Expect mild discomfort, swelling and bruising (which may extend to the labia majora) which lasts approximately 1 - 2 weeks.
- You may require painkillers in the first few days following surgery, which we will supply. We recommend a combination of the painkillers, ideally alternating doses throughout the day as recommended upon discharge, please following the directions given by the nurse.
- Keep the area clean and wear your compression garment day and night for the first 2 weeks, only removing to shower.
- Shower daily, avoiding baths and swimming pools for at least 2 weeks or until all scabs have fallen away. Remember to keep the area as dry as possible, use a hair dryer on cool setting to dry the micropore tape after a shower.
- Rest as much as possible for the first few days after surgery.

Procedure Information

Frequently Asked Questions

How long will it take to recover?

You will generally be less mobile from between 1 - 2 weeks. This will be due to the swelling. It can be quite uncomfortable in the first 48 hours after surgery and you should take regular painkillers as instructed by your surgical team.

Will the scars be visible?

The scars will be red and lumpy at first and will gradually settle to become soft and skin coloured. It can take scar tissue up to 12 - 18 months to fully mature, massaging the scars after the first two, will help them soften. (Do not apply anything to the scar for the first two weeks, until the incision site is fully healed).

When can I return to work?

This depends on the nature of your job. You should avoid any heavy lifting/ bending and strenuous exercise for a minimum of two weeks.

Will the stitches be removed?

All the stitches are absorbable and so do not require removal.

How active can I be after surgery?

You can resume most normal activities as and when you feel comfortable although we recommend that you avoid any heavy lifting, over bending and over stretching for at least two weeks.

When can I resume exercise?

Exercising other than walking is also not advised in the first two weeks post procedure. You can gradually increase to your normal routine from 2 weeks. By 6 weeks you should be back to your normal routine.

Is there any diet advice to help pre and post surgery?

It is essential that you eat and drink as normal post procedure. A nutritionally balanced diet is essential for good wound healing and keeping well hydrated will assist in your recovery.

When can I resume sexual activity?

You should refrain from intercourse/masturbation for a period of at least 4 weeks post procedure or until it feels comfortable to resume.

Some Final Bits...

What should I do if I have questions or concerns about my procedure post operative?

Should you have any concerns during the first days or weeks of your recovery, such as whether everything is settling properly, if you suspect an infection or your wound has opened up a little; please be assured that we are always on hand to support you, so please contact us directly. During clinic opening hours, please call the clinic on 01892 257 357. For out of hour emergencies, please call 07753 211 771. While it's tempting to look for health advice online to find an answer to a question or concern, your procedure, your surgeon and your body are completely unique so please speak to your patient coordinator who will arrange for a clinician to set your mind at ease. Typically there is nothing to worry about in most instances, our team of specialists nurses and surgeons are always on hand to assist and assure you.

Revision Policy

General Revisions

While our surgeons always strive to achieve the best possible results for each patient, complications can occur (while very rare) with any form of surgery. Our revision policy covers the patient for any complications incidental to our clinical care as well as any corrective revision surgery that may be required if the outcome we expected you to achieve wasn't at first realised. So whether you require further treatment as a result of an infection or wound problem or require an adjustment to achieve the expected result, Bella Vou include all of this care as part of our commitment to you.

Cosmetic Dissatisfaction

Sometimes an unrealistic expectation might be formed as to the extent of what the procedure would achieve. This tends to be very rare as our world-class surgeons work hard to understand that the desired outcome you seek prior to surgery is realistic with what is medically possible for skin quality, BMI and other underlying factors. During the consultation(s) prior to surgery, the surgeon and the patient will establish what would likely be achievable based on that patient's unique physiology and their individual needs and desires. This would be termed a 'desirable outcome', if that result has not been met, then we would correct that for the patient without further a fee.

Herewith a few examples to help you understand where we would offer revision surgery.

- A breast augmentation patient who underwent breast surgery now has irregularly shaped breasts or who's breasts are not symmetrical in appearance.
- A patient who underwent a tummy tuck and liposuction to the flanks, whereas one flank is nicely contoured, the other has a bulge.
- A facelift patient who develops a pixie-ear deformity in the months following surgery.

With all such examples, Bella Vou would revise these without costs.

Herewith a few examples to help you understand that would not be covered under our revision policy.

- A facelift patient declines a recommendation by the surgeon to have liposuction to the neck as part of a face and neck lift procedure to remove some excess volume and to give the best result. Post surgery, the patient complains that their neck is not as tight as they would have expected. Whilst we can address this concern for the patient, the patient did not take the recommendation of the surgeon previously and now wants the neck tightening further as the neck is still full in appearance or has lax skin. A charge would be incurred for this additional treatment.
- A breast patient is advised by her surgeon to have an uplift in addition to having breast implants to improve the shape and appearance of her breasts. The patient only wants further volume by having implants as her budget is tight. Whilst the patient is happy with the size of her breasts post surgery, she is not happy with the overall appearance as the nipple position is low with less volume in the upper part of her breasts. A charge would be incurred to separately uplift the patient's breasts.
- A tummy tuck patient undergoes a tummy tuck procedure and whilst initially delighted with the result, she then goes on to have further unexpected children or has significant weight gain. The patient is unhappy that her tummy has developed loose skin and is not as flat as it previously was. We can further improve this patient's appearance but this would incur a fee.

In Summary

It is important to bear in mind that our surgeons agree on a 'desirable outcome' with the patient prior to the patient agreeing to any treatment. If the patient is in any way unhappy with the 'desirable outcome' put forward by the surgeon, they are under no obligation to proceed with the surgery.

Please do not hesitate to contact us if you have any questions, queries or concerns.

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