



POSTOPERATIVE INSTRUCTIONS **LABIAPLASTY**

- Most patients will experience relatively minor discomfort after labiaplasty. However, some patients do experience moderate to severe swelling that can cause much discomfort.
- Ice packs should be applied for the first 24 hours while awake, placed over a mini/maxi pad or sanitary napkin. (ice packs should never be applied directly to the skin).
- Use of the ice packs will markedly reduce the amount of postoperative swelling and discomfort.
- Patients who experience minimal swelling and bleeding should be able to resume sedentary work activities within a few days, resume light exercise at 1 week and have no restrictions after 2 weeks (following your post operative appointment).
- Patients with more excessive swelling and discomfort may want to limit their activities until they feel comfortable and gradually progress to their normal activities.
- It is normal to have swelling and bruising of the labia after the procedure. This will resolve over the next 2 weeks.
- There will be bloody or blood tinged drainage for 1-2 weeks following your labiaplasty.
- The surgical dressing can be removed anytime it becomes saturated and then replaced with a clean sanitary napkin or mini/maxi pad.
- Apply antibiotic ointment to the incisional area 2 times daily x 3 days.
- Take the pain medication as prescribed.
- Do not drink alcohol while taking narcotic pain medication.
- Do not drive until you are no longer taking narcotic pain medication.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- No lifting greater than 5 lbs for 1 week.
- No sex for 6 weeks, then resume sexual activity as comfort permits.
- You may shower 24-48 hours after surgery. avoid hot or very warm water to prevent engorgement and increased swelling of soft tissues.
- Keep incisions clean, dry and inspect daily for any signs of infection.
- No tub soaking while the sutures are in place.
- There will be swelling and discoloration for 1-2 weeks, possibly longer.
- There initially may be numbness around the area for several months while the wound is healing.
- The sutures used for your surgery dissolve and do not need to be removed.

If you experience any of the following please call our office at **(910) 323-3757**.

- Significant bleeding from the surgical site.
- A fever of 100.4 F or greater within the first 3 days following your procedure.

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- Significant pain that is not relieved with pain relievers.
- If you have any side effects to your medications; such as rash,nausea,headache, or vomiting.
- If you have increasing yellow or greenish drainage from the incisions or notice a foul odor.