



### **Instructions after Labiaplasty**

This is an outpatient surgery.

Have someone drive you home after surgery and help you at home for 1-2 days.

Get plenty of rest; follow balanced diet.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, a stool softener, and drink plenty of fluids.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your physician.

Do not drink alcohol when taking pain medication.

Do not smoke, as smoking delays healing and increases the risk of complications.

### **Activities**

Walk as soon as possible, as this helps reduce swelling and lowers the chance of blood clots.

Do not drive until you are no longer taking narcotic pain medications. No lifting greater than 5 pounds for two weeks.

No sex for 6 weeks, then resume sexual activity as comfort permits. No swimming for 6 weeks.

Return to social and employment activities in 1-2 weeks.

### **Incision Care**

You may shower 48 hours after surgery.

After you use the restroom, clean the area with the water bottle you were given

After you wash the area, apply a layer of Aquaphor to the incision

Ice the area for 15 minutes at a time every hour for the next 2 days.

Keep the pelvis elevated relative to the abdomen to help reduce swelling when laying in bed

Keep incisions clean, dry and inspect daily for signs of infection.

Wear absorbent pads or feminine napkins to absorb any drainage.

Some oozing and drainage is expected.

No tub soaking for 6 weeks.

Place clean, dry dressings over incisions to wick away moisture and to prevent irritation from undergarments and clothing.

### **What To Expect**

There will be swelling and discoloration for 1-6 weeks, possibly longer. There initially may be numbness around the area. There may be postoperative pain.

### **Appearance and Scar**

Improved contour with less excess tissue in the labial area.

Scars will be reddened for 3 months. After that, they will gradually fade and soften.

The sutures used for your surgery dissolve and do not need to be removed.

### **When To Call**

If you have sudden increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication..

If you have an oral temperature over 100.4 degrees.

If you have increasing yellowish or greenish drainage from the incisions or notice a foul odor.

If you have bleeding from the incisions that is difficult to control with light pressure.

If you have loss of feeling or motion.