

Labiaplasty Post Operative Instructions

These are some guidelines to help you during your recovery. They are not meant to be all-inclusive and you should call the office if you have additional questions or concerns.

1. Prior to your surgery it is important not to take aspirin, Motrin, or blood thinning products (including herbals or supplements) to minimize the chance of bleeding during your operation
2. You will need a family member, spouse, or friend bring you to and from the medical facility. You will not be able to transport yourself home after surgery.
3. The surgery generally takes approximately 2 to 2.5 hours to perform.
4. Prescriptions for an antibiotic and pain medication will be given prior to your discharge home. Please take the full course of the antibiotic as directed and pain medication as needed.
5. The first post op visit to the office will take place 7-10 days after your procedure. We highly recommend you call the office or have a representative call to make the appointment.
6. Bruising, even significant bruising is common around the vaginal and labial areas. It is also common for the bruising to settle into areas remote from the liposuction. This typically resolves over 1-3 weeks.
7. Swelling is very common after surgery. It usually takes several weeks to fully resolve. DO NOT apply ice. If however, you have excessive swelling, one side is much larger than the other, or you have more pain on one side versus the other, these symptoms could indicate bleeding. Please call the office if any of these occur.
8. You may sponge bath or shower 24-48 hours after your procedure. You may remove the dressing and undergarments. When you take your first shower have someone nearby to help in case you feel dizzy. Using temped/Luke warm soapy water, allow it to rinse over your body, followed by patting dry the area. Avoid hot or very warm water to prevent engorgement and increase swelling of soft tissues. Apply antibiotic ointment to incision, maxi pad, and undergarment after bathing. We highly encourage using the support for 1-2 weeks after your procedure.
9. It is okay to change your dressings as needed to keep clean and dry. Maxi pads work well as inexpensive surgical gauze and they don't interfere with the healing Process.

10. Daily activity is encouraged but it should not be strenuous initially. It is important to be up and about to keep blood circulating in your legs. Lifting should be no more than 5-10 pounds for several weeks. Driving will be restricted until you no longer need narcotics for pain control and have shown to be physically capable to do so. The average time returning to driving takes approximately 2 weeks.

11. Return to work is variable and depends on the type of job. Approximately 1-2 weeks is when a majority of patients can return to either limited restriction or full work duties.

12. Avoid sexual activity for a minimum of 2-3 weeks. Sexual intercourse can be painful and may delay healing, increase swelling, bruising, and pain. After your 2nd postoperative visit, it will be determined if sexual activity may resume.

13. If you experience high fevers (T. 101), excess drainage from the incision(s), excessive swelling, redness, pain, or foul odor, please contact the office at **310.598.2648**