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Post-Operative Instructions for Labiaplasty

1. Take your medication(s) as prescribed
2. Expect a small to moderate amount of pain, tenderness, swelling, and bruising
 - i. It is not unusual for one labia to be more swollen and/or bruised than the other one
3. Smoking may delay the healing process
 - i. If you smoke, it helps healing to quit 2 weeks before and 2 weeks after your surgery
4. During the first week, the majority of your time should be spent relaxing, although some leisurely walking is permitted
 - i. No strenuous activity or heavy lifting is permitted for 4 weeks
 - ii. No sexual intercourse is permitted for 6 weeks
5. Wear a maxi pad or panty liner while there is discharge/spotting (usually lasts for the first 7 to 10 days)
6. Apply Polysporin ointment to a Q-tip and gently roll it along the suture line 3 times a day while there is discharge/spotting (usually lasts for the first 7 to 10 days)
7. You may shower daily (starting the day after surgery) and gently pat towel dry
8. After urinating, either gently pat dry with toilet paper or use a peri-spray bottle (available at Drug Stores – used after child birth) to spray water over the area for cleaning
9. A small amount of spotting or a yellow discharge is common early postop
10. A tiny opening in the suture line is also not unusual early postop
11. Light activities and walking are permitted at 2 or 3 days postop
12. Return in approximately 2 weeks for reassessment
13. Normal exercise is permitted at around 4 weeks postop

IF YOU HAVE ANY CONCERNS AT ALL, PLEASE CONTACT THE OFFICE