FORM
CAMPUS
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POST-OPERATIVE INSTRUCTIONS

Labiaplasty

IMMEDIATELY AFTER SURGERY

- Immediately following labiaplasty, you should remain as flat as possible.
- Ice packs should be applied every 4-6 hours for the first 24 hours while awake. Never apply ice packs directly to the skin. Using ice packs will markedly reduce post-operative swelling and discomfort.
- It is normal to have swelling and bruising of the labia. This will resolve over the next two weeks.
- The surgical dressings can be removed any time they are saturated and replaced with a sanitary napkin or maxi pad.
- There will be bloody or blood-tinged drainage for 1-2 weeks following your labiaplasty.
- Antibiotic ointment (Polysporin) should be applied to the incisions twice a day for 14 days. Apply a thin coating only; excessive amounts of ointment are not necessary.

PAIN MEDICATION

- You will be given a prescription for Extra Strength Tylenol and a non-steroidal anti-inflammatory drug (NSAID), such as Ibuprofen or Celebrex, as well as a mild narcotic pain medication. Occasionally, you will be prescribed an antibiotic as well.
- You should take the Tylenol and NSAID regularly, as directed, for the first 3-5 days. They are not narcotics and will not cause sedation or interfere with driving. They will help with pain, reduce swelling and decrease your overall need for stronger pain medication.
- You can use the narcotic pain medication in addition to these if you are not getting adequate pain relief, especially in the first 24 hours. Keep in mind that narcotic pain medications are sedating, so you should not drive while taking them. They can also be constipating. Using a stool softener and a fibre laxative can reduce the constipation associated with these medications.

ACTIVITIES

- Most patients experience relatively minor discomfort after a labiaplasty. However, some patients do experience moderate to severe swelling that can cause more discomfort.
- Diligent post-operative use of ice packs may reduce swelling, thereby reducing pain.
- Patients who experience minimal swelling and bleeding should be able to resume sedentary work within a few days, resume light exercise after one week, and have no restrictions after two weeks (following your post-operative visit).
- Patients with more swelling and discomfort may want to limit their activities until they feel comfortable, then gradually progress to their normal activities.

SEXUAL ACTIVITY

- As a general rule, you may resume sexual activity 6-12 weeks after surgery. This varies from patient to patient. We will let you know when you are sufficiently healed.
- The skin of the labia may be partially numb for several months while the wounds are healing.
- Permanent numbness is very rare.

WHEN TO CONTACT US

Call or text us immediately at 416-447-6176 if any of the following occur:

- Significant bleeding from the surgical site.
- A fever over 38°C (100.4°F) within the first three days following the procedure.
- Significant pain in the area that is not relieved by pain relievers.
- Significant drainage from the site, or redness around the surgical site.

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These instructions are general guidance. Your surgeon or provider may give you instructions specific to your care, and those take priority.