

Immediate Labiaplasty Post-Op Instructions

- 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. Ice packs should never be applied directly to the skin. Use of ice packs will markedly reduce the amount of 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 anytime they are saturated and then 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. Please 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 as directed regularly for the first 3-5 days. It is not narcotic and won't cause sedation or interfere with driving. It will help with pain, reduce swelling and decrease your overall need for stronger pain medications.
- 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 meds are sedating so you shouldn't drive while taking them. They can also be constipating. Using a stool softener and a fiber laxative can reduce constipation associated with these medications.

Activities

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

Sexual Activities

- As a general rule, you may resume sexual activity 6-12 weeks after surgery. This is totally patient dependent. 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.

CALL OR TEXT US (416-447-6176) IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR

- Significant bleeding from the surgical site
- A fever over 100.4⁰ F within the first three days following the procedure.
- Significant pain in the area that is not relieved with pain relievers.
- Significant drainage from the site or redness around the surgical site.