

## **Labiaplasty Information Sheet**

### **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, placed over a thin Telfa pad or minipad. 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. They should be applied according to a 10 minutes on, 10 minutes off regimen.
- It is normal to have swelling and bruising of the labia. This is especially the case if liposuction of the mons or abdominal area has been performed. This will resolve over the next two weeks.

### **Dressings/Wound Care**

- The surgical dressings can be removed anytime they are saturated and then replaced with a sanitary pad or maxipad.
- Starting 3 days after the surgery, take a short (5-10 minute) Sitz bath (add 1 tablespoons bath salts or baking soda) to gently cleanse the area. Antibiotic ointment (not cream) should then be applied to the incisions twice a day for 14 days. Please apply a thin coating only along the incision, and a sanitary pad inside your underwear. You may switch to Vaseline after two weeks.
- There will be bloody or blood-tinged drainage for a minimum of 1- 2 weeks following your labiaplasty.

### **Pain Medication**

- You will be given a prescription for a pain control medication. It is recommended to take Tylenol and Advil around the clock together first, and use the prescription medication only as needed in addition. It will help to reduce swelling and decrease your overall need for stronger pain medications. Keep in mind that prescription pain medication is sedating so you shouldn't drive while taking them.

### **Activities**

- Most patients will experience relatively minor discomfort after a labiaplasty. However, some patients do experience moderate to severe swelling that can cause much 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 2 weeks, resume light exercise at 3 weeks, and have no restrictions after 4 weeks ☑ 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 to 12 weeks after surgery. This is totally patient-dependent. We will let you know when you are sufficiently healed.

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## Healing of sensory nerves

- The skin of the labia may be partially numb for several months while the wounds are healing.
- Permanent numbness is very rare.

## Call us at (250) 590-7097 if you have:

- Significant bleeding from the surgical site
- A fever over 100.4° F (38 C) within the first three days following the procedure
- Significant pain and swelling in the area that is not relieved with pain relievers
- Foul-smelling drainage from the site or increasing redness around the surgical site

In the event of an after-hours **EMERGENCY**, please call Dr. Robinson directly at the number provided by our office assistant.