

LABIAPLASTY

Post-Surgical Guide



SURGICAL SITES

- Moderate bruising and swelling is normal at the sites around the vaginal and labial areas and usually resolves in 1-3 weeks.
- Moderate discomfort is normal and may last 1-2 weeks.
- Use a maxi pad or panty liner to absorb any drainage and prevent irritation.
- ABSOLUTELY NO ICE or HEATING PADS to surgical site.

SHOWER

- Shower daily with mild soap like Dove starting 24-48 hours after procedure. Cleanse gently with your hand or a clean, soft washcloth. Do not rub or over clean surgical area. Pat dry.
- No tub soaking or swimming for 4 weeks.

ACTIVITY

- Daily activity, such as light walking, is encouraged to increase circulation.
- Avoid exercise or other strenuous activity for the first week after surgery.
- No sexual intercourse or the use of tampons for six weeks after surgery.

MEDICATIONS

- Starting the day of your procedure, take two Aleve in the morning and two in the evening.
- For additional pain control, take prescribed narcotic pain tablets every 4-6 hours as needed.
- Prevent constipation while on narcotics by taking one dose of Miralax daily.
- Apply a thin layer of bacitracin ointment twice a day to surgical site FOR 24 HOURS ONLY.
- Take a dose of prescribed diflucan after your procedure and repeat once the following day to prevent a yeast infection.

EMERGENCIES

- ****After hours, call Medlink Paging Service at (512) 323-5465****
- Call the office immediately for:
 - Temperature greater than 101 degrees
 - Significant increase in swelling or pain
 - Redness around the incisions or pus/yellow/green drainage
 - Darkened or blackened skin

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