



Labiaplasty Recovery Guide

WITH DR. NICHOLAS WINGATE

Follow-Up Appointments

We're here to support your healing journey every step of the way:

- Week 1: Initial healing check
- Week 4: Progress evaluation
- Week 16: Final follow-up

Before Surgery

For your safety and comfort, please follow these instructions:

- Avoid aspirin, Advil, ibuprofen, NSAIDs, fish oil, and omega-3 supplements for 10 days prior to surgery, unless specifically approved by Dr. Wingate.
- Refrain from all anti-inflammatory medications for at least 1 month prior to your procedure.
- Arrange for someone to drive you home and assist you during the first few days of recovery.

Returning to Normal Activities

- Most patients return to desk work within a few days to one week.
- Mild discomfort and swelling are expected but typically resolve within the first week.
- Avoid strenuous activity until cleared by Dr. Wingate.

Treatment Area Care

- You may shower the day after surgery.
- Avoid soaking in baths, hot tubs, or pools for at least 6 weeks, or until Dr. Wingate clears it.

- You may begin using a perineal wash bottle the day after surgery for gentle cleansing.
- Apply a thin layer of Aquaphor or Vaseline to the treatment area 3–4 times per day for the first few days to a week to promote healing.

Managing Discomfort

- The procedure is typically performed with local anesthesia, which remains effective for 4-12 hours afterward.
- Please fill any prescriptions before surgery so they are ready at home.
- Most patients transition to Tylenol + Advil by day two.
- Use soft ice packs intermittently to reduce swelling and provide relief.

Activity Restrictions

- No tampon use or sexual intercourse for 4-6 weeks post-procedure.
- This allows the area to heal without irritation or disruption.
- Be sure to have pads on hand for use during this time.

What to Wear

- Loose-fitting clothing is essential for comfort in the early recovery period.
- Avoid tight-fitting pants or leggings that may cause friction or irritation.
- Soft sweatpants or flowy garments are recommended.

Normal Healing

- Swelling and bruising are a normal part of the healing process and will gradually subside.
- Gentle care, rest, and following your post-op instructions will ensure the best possible results.

At Wingate Plastic Surgery, we understand this is a personal and meaningful journey. Our goal is to ensure your experience is comfortable, respectful, and empowering. If you have questions at any time, please don't hesitate to reach out.