

STARK ART SURGERY

BY DR. JEN STARK

LABIAPLASTY SURGERY POST-OPERATIVE CARE INSTRUCTIONS

Some of the instructions below may differ from the general post-operative guidelines provided to you. If there is ever a difference, please follow the procedure-specific instructions listed here to support proper healing. If you have questions or concerns, please contact our office.

HYGIENE AND INCISION CARE

You may shower 48 hours after surgery. When showering, gently cleanse the area using a mild, non-irritating soap. Rinse thoroughly and carefully pat the area dry with a clean towel—avoid rubbing. Apply Polysporin or Bacitracin ointment to the incision sites twice daily, or more often if needed, to keep the area moisturized and support healing.

ACTIVITY RESTRICTIONS

To protect the surgical area while it heals, please follow these restrictions:

- Do not use tampons for 6 weeks after surgery
- Avoid sexual intercourse for 6 weeks
- Avoid activities that place pressure on the area, such as bicycling (Peloton), horseback riding, or similar activities, for approximately 4–6 weeks
- Avoid clothing that may irritate the surgical site, including tight jeans or thong-style underwear, for about 3–4 weeks

MANAGING SWELLING AND DISCOMFORT

It is normal to experience swelling during the early stages of recovery. Applying cool compresses or cold packs during the first few days may help reduce swelling and improve comfort. Be sure to wrap cold packs in a cloth or towel before applying them to the skin.

SMOKING AND HEALING

Smoking and exposure to secondhand smoke can slow the healing process and increase the risk of complications. Please avoid all nicotine and tobacco exposure for at least 6 weeks following surgery.

INDIVIDUAL HEALING

Every patient heals at a slightly different pace. These recommendations are general guidelines and may be adjusted based on your individual recovery. Please follow any additional instructions provided by your surgeon. If you experience unusual symptoms or have concerns about your healing, contact our office.

RECOVERY SUPPORT RESOURCES

For additional comfort during recovery, please see Dr. Stark's Amazon Storefront for recommended products to support healing and aftercare.