



Labiaplasty Post-Operative Instructions

Activity

- You may shower after 24 hours with warm water. Avoid directly washing the area with soap and pat dry. (No soaking in a bathtub, jacuzzi, pool or ocean for at least 2 weeks).
- Refrain from vigorous activity and exercise for two weeks
- Vaginal intercourse should be avoided for 4 weeks (This may be longer dependent on your personal healing)

Medications

- Alternate Tylenol and Ibuprofen for discomfort.

Incision Care

- If possible, elevate your pelvis while you are recovering for the first few days postoperatively. A recliner is ideal, but a pillow under the pelvis may be sufficient while you are lying down.
- For the first 24-48 hours while you are awake, ice packs should be applied every 4-6 hours: 30mins on, 30 mins off. These should be placed over a thin minipad. Ice packs should never be placed directly on the skin. Use of ice will markedly reduce post-operative swelling and discomfort.
- Dressings can be replaced as needed and with Vaseline gauze, a sanitary napkin or maxipad
- There will be bloody or blood tinged drainage for at least 1-2 days following your labiaplasty
- Use a spray or squirt bottle with warm water on the vaginal area after urinating and bowel movements. Pat dry
- Use petroleum jelly or coconut oil on all incisions twice daily, with a clean fingertip or q-tip. Avoid other ointments or lotions during the first month of healing.
- Keep incisions clean and inspect daily for signs of infection.

Contact Us

- If you need to speak to a member of our care team, please call or text the office at **(813) 542-2587**.
- Urgent text messages received outside of regular business hours will be answered as promptly as possible during reasonable waking hours.
- Outside of regular business hours the answering service can contact the physician on your behalf for emergencies.