

Labiaplasty – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation. Walk for 10 minutes every 1 hour.
- Avoid strenuous activity and keep heart rate below 100 bpm until cleared in 6 weeks.
- Avoid lifting more than 10 pounds for the recommended recovery period.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Incision & Garment Care

- Keep incisions clean and dry. Wash with soap and water. Apply ABD or a sanitary pad. Then wear your undergarment.
- Wear compression garments as directed to reduce swelling and support healing.
- Avoid direct sun exposure to incisions for at least 6 months.
- You can apply ice packs as needed.

When to Call the Office

- Fever greater than 101°F.
- Severe or increasing pain not relieved by medication.
- Sudden asymmetrical swelling.
- Redness, warmth, drainage, or signs of infection.

Hygiene

- Cleanse area gently with mild soap and water multiple times daily.
- Sitz baths may be used for comfort as directed.

Activity Restrictions

- Avoid sexual activity, swimming, and strenuous exercise for approximately 4 weeks.

Expected Recovery

- Swelling and bruising are common during the first 1–2 weeks.
- Sutures typically dissolve on their own.
- You can drive and return to work in 1 week. You can fly in 2 weeks.