



Post-Op Instructions: Labiaplasty

1. Non-Strenuous activities or exercise for the next 6 weeks.
2. You can expect bruising, swelling and a thin drainage after the surgery. Use maxi pads to absorb the fluid from the incision's site.
3. Showering: You may shower with clean running water and a soap 48 hours after surgery, no vigorous washing. No bathtub or soaking in the water for 2 months after the surgery or until cleared by Dr. Markelov.
4. The day of surgery and for the period of recovery wear seamless underwear, flowy skirts or maxi dresses to increase the air circulation and allow the surgical area to breathe.
5. Be careful with prolonged sitting to avoid unnecessary pressure to the surgical site.
6. No aspirin or alcohol for 2 weeks after surgery (increases bleeding). Do not drink alcohol while taking pain medication (this combination can be deadly).
7. No smoking for the entire period of recovery. Smoking can affect healing.
8. Take or apply medication as prescribed. Apply over the counter Neosporin or Aquaphor healing ointment to suture lines morning and night after surgery and re-apply after using the restroom and washing the vaginal area. Do not apply any lotions (other than what was prescribed) until cleared by Dr. Markelov.
9. You may resume sexual activity 6 – 12 weeks after surgery based on the recovery.
10. A low-grade fever (less than 101) is normal for the first 48 hours.
11. Notify the doctor immediately if there is an increase in pain, discomfort, bleeding or fever, observed wound opening, redness or heat and discharge (pus).
12. In case of a true emergency, such as loss of consciousness, difficulty breathing, or chest pain, call 911 immediately.

