Labiaplasty – Pre- and Post-Operative Instructions

#### **Please Read First**

The information on this page provides a condensed overview of key preparation and recovery guidelines for labiaplasty surgery. For complete instructions—including specific timelines, medication details, and aftercare protocols—please download the full Pre-Operative and Post-Operative instruction documents below. These serve as your primary reference for a safe and successful recovery.

### **What to Expect**

Labiaplasty is typically performed under local or general anesthesia, depending on the case. Recovery includes swelling, bruising, and temporary discomfort with sitting or movement. Full results may take several months as swelling subsides and tissues settle.

### **Key Pre-Operative Guidelines (Summary)**

**Anesthesia Options:**

* **General Anesthesia:** No food or drink (including water, mints, or gum) for 8 hours before surgery.
* **Local Anesthesia Only:** No fasting needed. You may drive yourself home.
* **Local Anesthesia with Sedation:** No food or drink for 3 hours prior. Arrange a ride home.

**Medications:** Discontinue aspirin, NSAIDs, anticoagulants, and herbal supplements (like vitamin E, fish oil, and garlic) as directed (typically 2–3 weeks prior).  
**Lifestyle Adjustments:** Cease smoking (including e-cigarettes) at least 4 weeks before and limit alcohol for at least 2 weeks.

**Day of Surgery:**

* Shower or bathe before your appointment.
* Do not apply lotions, perfumes, or skincare products.
* Wear loose, comfortable clothing.
* Shaving is not required, but if desired, it should be done no less than 3 days before surgery to minimize infection risk.

**Suggested Supplies:**

* Tylenol (acetaminophen)
* Pads or panty liners
* Loose, breathable underwear
* Optional: Arnica Montana (Sinnech)

### **Key Post-Operative Guidelines (Summary)**

**Pain Management:** Use Tylenol as directed. Narcotic pain medication and anti-nausea medication (Zofran) may be prescribed.  
 **Antibiotics:** Complete the full course, even if symptoms improve.  
 **Optional:** Sinnech (Arnica Montana) may help reduce swelling and bruising.  
 **Mobility:** Rest in a reclined position and use cushions to reduce pressure when sitting. Avoid long periods of upright sitting during the first week.  
 **Showering:** Allowed the day after surgery. Gently cleanse with water and soap.  
 **Swimming & Baths:** Avoid soaking in water (tubs, pools, hot tubs) until incisions are fully healed—typically two weeks. Wait one month before using hot tubs.  
 **Menstrual Care:** Use pads instead of tampons for at least 6 weeks.  
 **Compression:** Not required, but loose clothing is recommended to avoid friction.  
 **Return to Work:** Most patients take 5–7 days off.   
 **Sexual Activity:** Avoid vaginal intercourse and sexual stimulation for at least 6 weeks or until cleared by your surgeon.

### **Recovery Expectations**

**Drainage:** Blood-tinged drainage is common during the first week.  
 **Bruising & Swelling:** Expected and typically resolves over 2–3 weeks.  
 **Itching:** Antihistamines like Benadryl may be used to relieve incision-related itching.  
 **Pain & Sensitivity:** Soreness, stinging, and fatigue are common and will gradually improve.  
 **Sensory Changes:** Temporary changes in sensation (either reduced or heightened) are normal and usually resolve within weeks to months.

**Healing Timeline:**

* 1 Week: Most discomfort improves
* 2–3 Weeks: Significant bruising fades
* 3–6 Months: Final results become visible

### **Follow-Up and Support**

**Urgent Concerns:** Contact our office if you experience significant redness, warmth, drainage, fever over 101°F, or persistent pain unrelieved by medication.

**Emergency Situations:** For difficulty breathing or chest pain, call 911 or go to the nearest emergency room.

**Ongoing Communication:**

* + For non-urgent questions, please email clinicalrn@drshimching.com.
  + For urgent matters, contact the office directly from 9am – 5pm at (808) 585-8855.
  + For urgent matters that occur after hours, please use the physician exchange at (808) 524-2575.

**Appointments:** Follow-up visits are essential to ensure proper healing and address any concerns. Attend all scheduled appointments unless advised otherwise.

### **Download Complete Instructions**

For full details on incision care, activity restrictions, symptom management, and healing timelines, please download the document below:

**[Download Labiaplasty Pre & Post-Operative Instructions (PDF)]**