



CANADIAN PLASTIC SURGERY CENTRE

POSTOPERATIVE INSTRUCTIONS FOR LABIAPLASTY

First 24-48 Hours After Surgery

Arrange for a responsible adult to drive you home after your procedure.

Medications

Recommended medications include:

- Arnica tablets
 - 3 tablets/day starting 3 days before surgery
 - Continuing for 2 weeks after surgery
- Prescription Fucidin Ointment
 - Apply to incision for 1 week
- Tylenol
 - Take only as needed for mild discomfort

Diet & Hydration

Stay well-hydrated. Aim for at least 6-8 glasses of water per day. Avoid alcohol, caffeine, and salty foods in the early recovery period. Try to consume a diet that is high in protein and fibre.

Smoking & Vaping

Do not smoke or vape during your recovery. Nicotine reduces blood flow and delays healing, increasing the risk of wound complications.

Wound Care

- Keep incisions clean. Only apply creams, ointments, or other products that have been approved by your surgeon/nurse.

Bathing & Showering



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Use a peri bottle as toilet paper can irritate the incisions

- Fill with lukewarm water and gently squirt to clean after urinating or having a bowel movement.
- Pat dry with soft gauze or a clean tissue. No rubbing.

Gentle daily showering can start after the first 24 hours

- Let warm water gently run over the area; avoid strong water pressure.
- Use fragrance-free, gentle soap for surrounding areas. Avoid applying soap directly to the incisions.

Avoid baths, pools & hot tubs as this can increase your risk of infection

- Do not soak the surgical site for at least 6 weeks.

Wear breathable cotton underwear to keep the area dry

- Avoid thongs or tight-fitting underwear during healing.

Change peri-pads and panty liners often

- You may have mild bleeding or discharge.
- Use fragrance-free panty liners or pads and change them frequently to stay fresh and dry.

Use a clean, cold compress for swelling

- Wrap an ice pack in a clean, soft cloth and apply to the area for 10–15 minutes at a time — never directly on the skin.



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- Alternatively, you can soak a clean peri-pad in clean water (or a soothing solution like water with a splash of witch hazel or aloe vera), then freeze it to create a soft, gentle cold compress.
- Be sure to place a thin layer of gauze or cloth between the pad and your skin to avoid direct cold contact.
- Apply to the area for 10–15 minutes at a time, **not directly on the skin**.

Wipe Front to Back

- Always wipe from front to back after using the toilet to avoid introducing bacteria.

Avoid

- Douches, wipes, or perfumed products near the incisions
- Tampons or sexual activity until cleared by your surgeon (typically 6 weeks)
- Tight pants, synthetic fabrics, or activities that cause rubbing

Optional

- **Sitz baths** (only when permitted) with clean water and a few drops of tea tree oil or witch hazel *may* soothe itching or swelling.

Mobility & Activity

- Avoid strenuous activity, bending, exercise, or lifting more than 10 lbs, for at least 6 weeks.
- Once approved by your surgeon/nurse, you may gradually return to normal activities as tolerated.

Signs of Infection or Complication



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Call our office if you experience:

- Fever over 38.5°C (101.3°F)
- Increased redness, warmth, or pus at incision site
- Severe pain not relieved by medication
- Swelling that is worsening on one side
- Foul-smelling drainage

For symptoms like pain in one calf, with redness, and warmth to the touch, please visit your nearest emergency department.

For symptoms like difficulty breathing or chest pain, please call 911.

Emergencies

In case of a medical emergency, call 911 or go to your nearest emergency department. Then notify our office at nursing@canadiansurgery.com as soon as possible.

Contact Information

Clinic Phone (During Business Hours): 437-523-4196

After Hours Questions or Concerns: nursing@canadiansurgery.com

Follow-Up Appointment: Date _____ Time _____

If you are ever unsure about something during your recovery, **please reach out.**

It's always better to ask than to guess.