



Labiaplasty Post-Operative Care

Immediate Labiaplasty Post-op Instructions

- Immediately following labiaplasty you should remain as flat as possible.
- Ice packs should be applied every 4-6 hours for the first 24 hours while awake, placed over a thin Telfa pad or minipad. Ice packs should never be applied directly to the skin. Use of ice packs will markedly reduce the amount of post-operative swelling and discomfort.
- It is normal to have swelling and bruising of the labia. This will resolve over the next 1-2 weeks.

Dressings

- The surgical dressings can be removed anytime they are saturated and then replaced with a sanitary napkin or maxipad.
- There will be bloody or blood-tinged drainage for a minimum of 1- 2 weeks following your labiaplasty.
- If indicated by Dr. Panossian, antibiotic ointment should be applied to the incisions twice a day for 14 days. Please apply a thin coating only. Excessive amounts of ointment are not necessary. You may switch to Vaseline after 4-5 days.

Pain Medication

- You will be given a prescription for a mild narcotic pain medication, such as Norco. This medication should be taken as needed to control pain. Be aware that you should not drive a car or operate heavy machinery while on this medication as it can cause extreme drowsiness.
- Narcotic pain medication can also be constipating. Using a stool softener and a laxative can reduce constipation associated with these medications.

Activities

- Most patients will experience relatively minor discomfort after a labiaplasty. However, some patients do experience moderate to severe swelling that can cause much discomfort.
- Diligent post-operative application of ice packs may reduce swelling, thereby, reducing pain.
- Patients who experience minimal swelling and bleeding should be able to resume sedentary work activities within a few days, resume light exercise at one week, and have no restrictions after two weeks (following your postoperative visit).
- Patients with more excessive swelling and discomfort may want to limit their activities until they feel comfortable and gradually progress to their normal activities.

Sexual Activities

As a general rule, you may resume sexual activity 6-12 weeks after surgery. This is totally patient-dependent. We will let you know when you are sufficiently healed.

Healing of sensory nerves

- The skin of the labia may be partially numb for several months while the wounds are healing.
- Permanent numbness is very rare.

Call us at (626) 765-6885 (even outside normal office hours) if you have any of the following:

1. Significant bleeding from the surgical site
2. A fever over 100.4° F within the first three days following the procedure
3. Significant pain in the area that is not relieved with pain relievers
4. Drainage from the site or redness around the surgical site