

## POST-OPERATIVE INSTRUCTIONS LABIAPLASTY

- It is normal to have swelling and bruising of the labia. This will resolve over the next few weeks. Most patients will experience relatively minor discomfort after a labiaplasty. However, some patients do experience moderate to severe swelling that can cause much discomfort. Patients who experience minimal swelling and bleeding should be able to resume sedentary work activities within a few days, resume light exercise at 2 weeks and have no restrictions after 3 weeks.
- See me if you develop a sudden increase in swelling.
- Please try to minimize your intake of narcotics, as they are nauseating, constipating and addictive.
- Please have over-the-counter laxatives at home in case they are needed.
- Please do not take any medication on an empty stomach.
- There will be a bloody or blood-tinged drainage for a minimum of 1-2 weeks following your surgery. Change the dressing (sanitary napkin or maxi pad) anytime it gets saturated.
- Bacitracin ointment should be applied to the incision twice a day for 5-7 days. Please apply thin coating only. Excessive amounts of ointment are not necessary.
- Use ice packs may reduce the amount of post-operative swelling and discomfort for up to 3 days.
- You may shower 48 hours after surgery. No soaking in the bathtub or swimming for 6 weeks. No sex for 5-6 weeks, then resume normal sexual activity as comfort permits.
- Keep incisions clean, dry and inspect daily for signs of infection.
- Wear loose clothing to avoid friction for about a month following surgery.
- The skin of the labia may be partially numb for several months while the wounds are healing.

**PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAVE ANY QUESTIONS OR CONCERNS. IF YOUR CONCERNS ARE URGENT, PLEASE CALL THE OFFICE (804)-320-8545. IN A TRUE EMERGENCY, PLEASE CALL 911.**

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**PATIENTS SIGNATURE**

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**DATE**

