

Preparing for Surgery – Labiaplasty

24 Hours Before Surgery

- Relax and eat well
- Do not eat anything for 6 hours before surgery
- Do not drink anything for 4 hours before surgery
- Hibiclens: The night before surgery, clean labia with Hibiclens then rinse off thoroughly with water. (Hibiclens is an anti-bacterial surgical soap that may be purchased over-the-counter at Walgreens/CVS).

Day of Surgery

- Brush your teeth. Leave contact lenses at home.
- Avoid using hair products, body lotions, deodorants or perfumes on the day of surgery.
- Wear a front-buttoned shirt, comfortable pants and shoes (something that slips on and off easily).
- Leave valuables at home, including jewelry, handbags.
- Your caregiver will be instructed in post surgical care when they arrive to transport you
- Bring all medication that has been prescribed for this procedure.

Dressings, Cleansing and Showering

- Ice packs can be applied every 4-6 hours for the first 24 hours while awake, placed over a maxi pad. Ice packs should never be applied directly to the skin. Wrap in a paper towel. Use of ice packs will reduce the amount of post-operative swelling and discomfort.
- The surgical dressings can be removed anytime they are saturated and then replaced with a sanitary napkin or maxi pad.
- You should rinse the area with warm water whenever using the toilet (you can use a clean cup and rinse the area while on the toilet). After rinsing, pat the area dry with a gauze pad or clean towel, and replace your maxi pad.
- It is normal to have swelling and bruising of the labia. This will resolve over the next two weeks.
- There will be a blood or blood-tinged drainage for a minimum of 1-2 weeks following your labiaplasty.
- You may take a complete shower with soap and water 48 hours after surgery. Be careful not to pull or tug on the incision lines or sutures. Use warm water. Do not soak in the bath until 6 weeks after surgery.

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.
- 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.
- Patients with more excessive swelling and discomfort may want to limit their activities until they feel comfortable and gradually progress to their normal activities.
- You may resume sexual activity 6-12 weeks after surgery.
- No overheating for the first three weeks (no hot baths, showers, spas, exercising, etc). For the first 10 days following surgery, raising your blood pressure (heart rate) will cause bleeding. This includes sexual intercourse and sexual activity.

What to Expect

- Abdominal bloating is to be expected in the early postoperative period. Bloating results from sodium present in your medications and anesthesia.
- The skin of the labia may be partially numb for several months while the wounds are healing. Permanent numbness is very rare.
- Swelling and bruising are a normal expectation following surgery. This will resolve over the next two weeks.
- There will be a bloody or blood-tinged drainage for a minimum of 1-2 weeks following your labiaplasty.
- It is normal to have an itching sensation.
- Asymmetry to the labia is also to be expected in the immediate healing period since one labia may be more swollen than the other. This will improve and be corrected as the swelling subsides.
- It takes **6 month for final results** to appear. In the interim, you may notice:
 1. Incision asymmetry
 2. Labia asymmetry
 3. Pleating along incisions and knots along incisions
 4. Swelling that changes from day-to-day
 5. Be patient and please try not to focus on these issues before the 6 month period
- A burning sensation (raw, sensitive) or sharp shooting pains along the incision line is normal and indicative of nerve regeneration.

Please call the office at (281)404-5454 if: You have redness, increased pain at surgical incision sites, sudden increase in swelling, warmth, drainage (pus), or oral temperature greater than 101.5F.

Your procedure is scheduled for **Tuesday, October 26, 2021 at 9:30am. Please arrive at the office at 8:30am.**

Your **post-op appointment** is scheduled for **Wednesday, October 27, 2021 at 10:00am.**

Patient: _____

Date: _____