Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

KIRWAN
PLASTIC SURGERY

The Aesthetic Society

LABIOPLASTY POST-CARE INSTRUCTIONS

Name: **DOB:**

Patients are required to stay in bed and have an ice compress for 1 hour after surgery and return on the first day after surgery for examination. Analgesics are not routinely given. Oral antibiotics are administrated for 3 days. Patients are advised to clean the area around the vulva with a solution of chlorhexidine, disinfect the incisions with iodophor, and apply antibiotic ointment on a daily basis..

After surgery wear cotton underwear, keep the area dry and clean with warm water irrigation once a day. Vaginal discharge for several days is not uncommon. Depending on your progress, you can resume physically un-strenuous work three to four days after surgery. Avoid sitting for prolonged periods. To allow the wounds to heal, do not use tampons, or wear tight clothes (e.g. thong underwear).

Abstain from sexual intercourse for four weeks after surgery. Avoid high impact exercises including jogging for four weeks after surgery. Use a laxative, drink plenty of fluids and eat lots of fruit and fiber to keep your stools soft. Sutures generally removed 7 to 10 days after surgery during the second follow-up visit

Potential complications of surgery

These include dehiscence or separation of the wound. This is more common in patients are obese, and smokers and also in cases where there is excessive tension on the suture lines or trauma to the repair as a result of sexual intercourse. Other possible complications include infection, a ‘dog-ear’, notching or webbing, a hematoma, pigment changes and a posterior constriction as well as nerve damage leading to increased or decreased sensitivity.

After the procedure it will take 4-6 weeks before being completely healed and a full 3-4 months before being able to truly assess the results of surgery. A second stage may be necessary to fully reduce the size to your liking. The exact results cannot be guaranteed.