

### **LABIAPLASTY POSTOP INSTRUCTIONS**

- Dressings are as simple as application of antibiotic (Bacitracin) ointment 3-5 times a day.
- **SANITARY PAD:** A sanitary pad is used for the first 2-5 days for spotting and additional comfort.
- Full bottom underwear should be worn to support a sanitary pad.
- **AFTER URINATION:** The labia should be washed gently after urination and ointment must be reapplied for 2 weeks after surgery.
- **BRUISING AND SWELLING:** Bruising and swelling lasts for up to 2 weeks. Arnica & Papaya supplements may help with the bruising and swelling. Intermittent ice can help with swelling but should not be applied directly to the area. 10 minutes on, 10 minutes off.
- **FOLLOW-UP:** Follow-up appointments are scheduled at 1 day, 1 week and 6 weeks.
- **ACTIVITY:** Normal non-strenuous daily activities can be resumed in 3 days. Strenuous activities may be resumed in 4 weeks. Do not sit for long periods of time, if unable to avoid, use a donut pillow. We do not want direct pressure to the area. Avoid crossing legs (which puts tension on the sutures) until completely healed.
- **INTERCOURSE:** Gentle sexual intercourse may be resumed in 6 weeks.