



Post operative care following Labial Reduction Surgery (labioplasty)

1. After surgery, women may experience some mild discomfort and swelling, which usually disappears completely after 1-2 weeks. The labial incisions usually heal quickly and are rarely noticeable.
2. After the procedure you will wear a panty liner. The sutures dissolve so there is no need for them to be removed.
3. You are advised to avoid vigorous exercise for 2 weeks and vaginal intercourse for 4 weeks.
4. A daily bath or gentle shower ensures quick healing which is usually complete within two weeks. Follow up visits will be scheduled to check on your progress. This will depend on the individual patient however recovery is quite rapid - a week after surgery you should be able to return to work, and be able to resume normal daily activity after 2-3 weeks.
5. After labial reduction surgery you will feel a little tired and sore for a few days. Get as much bed rest as possible during the few days after surgery.
6. Most of your discomfort can be controlled by prescription medication.
7. In the first week after surgery the area is likely to be swollen and bruised. An ice pack (or bag of frozen peas) can be used to alleviate the discomfort and reduce the swelling but make sure that the ice does not come into direct contact with the skin. Wrap the ice pack with a soft towel to protect the skin.
8. Urinating may be uncomfortable for the first week after surgery. This burning and stinging sensation can be eased by pouring lukewarm water from a jug over the area whilst urinating.
9. A daily bath or gentle shower ensures quick healing which is usually complete within two weeks. [Already said in point 4]
10. Loose underwear should be worn for the first two weeks. After the procedure you wear a panty liner. Tampons should not be used during the first six weeks.
11. Penetrative sex should also be avoided during the first six weeks.
12. Follow your surgeon's advice on when to begin exercises and other normal activities. By six weeks after surgery you should no longer be sore. In this particular area the scars are always very inconspicuous.

You should contact us immediately if you:

- a) Experience shortness of breath, chest pains or unusual heart beats.
- b) Notice any signs of infection (discharge or increased temperature >38.50C)
- c) Experience bleeding.
- d) Experience a sudden increase in pain.

REMEMBER IF IN DOUBT, PLEASE ASK BY CALLING THE OFFICE 9.00am – 5.00pm
MONDAY to FRIDAY ON 0161-232-2670/ 0161-232-2680 OR OUT OF HOURS IN AN
EMERGENCY. PLEASE CALL THE HOSPITAL ON 0161-226-0112.