

Labiaplasty – Post-Operative Instructions

General Recovery

- You can sleep in any position that is comfortable.
- Avoid placing pressure on your labia for two weeks after surgery. Hard narrow seats should be avoided.
- Bleeding (minor) from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10-15 minutes with a clean towel. If bleeding persists or one side is becoming much larger than the other, see our emergency care instructions below.
- You should use a female sanitary pad for the first few nights after surgery.
- You may gradually resume normal daily activities after 48 hours, being careful to avoid any activity that causes pain or discomfort. Strenuous activities and exercises are to be avoided until 2-3 weeks after surgery. At that point, you may perform non-impact aerobics like the elliptical. Running, impact aerobics, and light upper body work can start once you are comfortable performing low impact exercises.
- Vaginal sexual intercourse should be avoided for 4 weeks following labiaplasty. Wait for your surgeon to reassess your incisions.

Washing & Healing

- You will likely notice some bruising and swelling, this is normal and will disappear in 7-14 days.
- Absorbable stitches are used. These will disintegrate within 3 weeks in most cases. The incisions are placed on the inner surface of the labia minora. This surface should be kept slightly moist with *Vaseline* or *Polysporin* to prevent dryness or crusting.
- You can shower 48 hours after surgery.
- Do not soak your surgical sites - no pools, hot tubs, lake or well water for 3-4 weeks.
- Unusual sensations like numbness, sharpness, and burning may occur during the healing process. These sensations may last several weeks and will gradually disappear.

Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated (avoid fish oils and herbal supplements)
- Take antibiotics as prescribed at the appropriate times until completed.

Follow Up Care

- Dr. McInnes will let you know which location to visit him for your follow up appointments. Please call the office to confirm the time (604-515-8847). Dr. McInnes may call you the evening of surgery to see how you're doing, please try to answer your

phone (even if it's from "unknown caller").

After Surgery Care

- For general inquiries/questions email office@doctorm.ca or call the office.

Weekday Care (8 am to 5 pm)

- If there is a concern about your surgery or your healing please call the office.

Weekend and After Hour Care

- If on weekends, after hours, or an emergency, please call 604-527-4925 and ask to speak with Dr. McInnes. If he happens to be unavailable ask for the plastic surgeon on call.

Contact

- Office phone: 604-515-8847
- Office address: 307 – 233 Nelson's Crescent, New Westminster, BC.