

Labiaplasty Post-op information

Types of Labiaplasty techniques

The primary goal of labial reduction is to reduce the size of the labia by removing excess skin. You will have had either the wedge excision +/- central excision technique or the straight line technique.

Pain

The procedure would have been under local anesthesia or under general anesthesia as a day case. In both cases, local anesthetic injections have been given which will help to control pain for upto 4-6 hours. Once you get home, it is advisable to take analgesia such as paracetamol or ibuprofen regularly, irrespective of pain, for upto 2-3 days. After 3 days, you can stop regular tablets and take these for pain only as and when required.

Most patients experience mild discomfort, swelling, and bruising after Labia minora reduction surgery which lasts two to seven days.

Sanitary pads

Immediately after surgery, it is beneficial to apply a *cool-pack* to the area for upto 12 hours to reduce swelling. A useful tip is to pre-cool sanitary pads in the freezer and place one of these onto the area to provide the same effect as a cool-pack. Take care to ensure that the sanitary pad is not frozen before application.

You should wear medium to heavy flow sanitary pads, which will provide some padding for a week or so after surgery and wear comfortable panties. Avoid tight fitting trousers or skinny jeans, which can cause pressure and discomfort.

Hygiene

You may experience some spotting, and/or urinary hesitancy. Shower the area with non-perfumed soap or showergel and plenty of room-

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temperature water twice a day for the first week or so. Apply the ointment that has been provided, to the area morning and evening.

Some women may experience **itching** in the area after surgery, possibly due to irritation from the dissolving sutures. If you experience this, please take a non-sedative anti-histamine such as an anti-hay fever tablet available over the counter. Alternatively, you may take piriton, though this may cause drowsiness and hence should be taken only at night before going to bed.

The **sutures** are dissolving ones- the ones you can see on the surface of the skin (vicryl rapide) will tend to fall out at 2-3 weeks after surgery while washing. The deeper dissolving sutures (monocryl) may take up to 8 weeks to dissolve.

Scars will often take some months to settle and fade.

Work and exercise

Although one can return to sedate activities and work by 3-4 days, you should refrain from any activities that gives rise to friction in the area such as jogging, high impact aerobics, biking, horseback riding, running and sexual intercourse for about 4-6 weeks.

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