



Labiaplasty Post-Operative Instructions

Dr. Waqqas Jalil | 7 St Thomas St, 208, Toronto ON

Your guide to a smooth and confident recovery

Nursing phone number: 437-494-3536

Outside of business hours, texting is available on the nursing line. For emergencies, please go to your nearest emergency room.

Dressings & Wound Care

- At the end of your procedure, the area will be covered with **light dressings** and you will be placed in comfortable surgical underwear or a soft pad.
- Keep the area **clean and dry** for the first **48 hours**.
- You may gently shower after 48 hours; allow warm water to run over the area and pat dry with a clean towel — avoid rubbing.
- Apply a thin layer of **Polysporin or antibiotic ointment** to the incision lines **2–3 times per day** for the first week or as directed.
- Stitches are dissolvable and typically fall out on their own over **2–4 weeks**.
- Light spotting on underwear or pads is normal.
- Swelling is most pronounced during the first week and may extend to the labia majora or inner thighs.
- Wear loose, breathable cotton underwear during the first 2 weeks.

Hygiene

- After using the bathroom, **rinse gently with warm water** using a peri-bottle and pat dry with a clean tissue.
- Avoid wiping vigorously.
- Change pads frequently to keep the area dry.
- Do not** use scented products, wipes, or feminine washes.

Pain & Medication

- Most patients are pleasantly surprised by how manageable their discomfort is.
- For baseline comfort, take:
 - Tylenol Extra Strength (Acetaminophen)** — every **6 hours**
 - Celebrex 200 mg** — every **12 hours** for the first 3 days
- For additional relief if needed:
 - Hydromorphone** — every **6 hours as required**
- This combination of Tylenol + Celebrex, with Hydromorphone only as needed, is highly effective for post-operative discomfort.
- All medications may be stopped once you feel comfortable.
- Because pain medication can cause constipation, consider:

Aspect

- **Colace 200 mg twice daily**
- **Milk of Magnesia 15–30 cc at bedtime**
- Ample fluids + fruit or fiber-rich foods

Swelling, Bruising & Healing Expectations

- Swelling peaks at **48–72 hours** and improves gradually over 2–3 weeks.
- Bruising is normal and may extend to the labia majora or groin area.
- Small areas of yellowish fluid or mild separation at the incision edges can occur — this is normal and part of natural healing.
- Final contour can take **6–12 weeks** to fully refine.

Cold Compressing

- For the first **48 hours**, apply **cool compresses** or wrapped gel packs to the groin area for **10–15 minutes at a time**, several times per day.
- Never place ice directly on the skin.

Activity Restrictions

- Limit activity for the first **72 hours**.
- Avoid:
 - Bending, squatting, or stretching
 - Tight clothing
 - Long walks
 - High-impact activity
- You may resume light walking after the first 2–3 days.
- No strenuous exercise or gym activity for **6 weeks**.
- Avoid hot tubs, baths, or swimming for **6 weeks**.

Sitting & Positioning

- Sit on a **soft cushion or donut pillow** to reduce pressure.
- Avoid prolonged sitting and elevate your hips slightly when resting.

Sexual Activity & Tampons

- No sexual intercourse, tampon use, or internal penetration for **6 weeks**, or until cleared by Dr. Jalil.
- The area must be fully healed before resuming sexual activity.

Scar Care

- Once completely healed and dry (typically **3–4 weeks**), you may begin gentle scar care if needed.
- Apply your recommended **scar gel** once or twice daily.



- Avoid vigorous massage until cleared.
- Scars lighten naturally over several months.

When to Contact Us

Please contact **Aspect Plastic Surgery** if you experience:

- Increasing redness or warmth
- Foul-smelling discharge
- Persistent or worsening pain
- Large or expanding swelling
- Fever $> 38^{\circ}\text{C}$
- Difficulty urinating
- Heavy bleeding

If urgent and our office is closed, please visit **North York General Hospital Emergency Department** or your nearest emergency facility.