

August Plastic Surgery Associates
Dr. Christopher Ewart
Labiaplasty Post-operative Instructions

Activity: Do not drive until you are no longer taking narcotic pain medications. No lifting greater than 5 pounds for one week. No sexual activities for 6 weeks, then can resume sexual activity as comfort permits. No swimming for 6 weeks. Return to social and employment activities in 1-2 weeks.

Dressing: There will be bloody or blood-tinged drainage for a minimum of 1- 2 weeks following your labiaplasty. Antibiotic ointment should be applied to the incisions twice a day for 14 days. Please apply a thin coating only. Excessive amounts of ointment are not necessary.

Incision Care: You may shower 48 hours after surgery. Keep incisions clean, dry and inspect daily for signs of infection. If you are expecting your menstrual cycle, wear absorbent pads or feminine napkins, please no tampons. Some oozing and drainage are to be expected. No tub soaking while sutures are in place. Apply ice packs, with a cloth around the ice packs, to decrease any pain, swelling and/or bruising. Apply ice packs in 20-minute intervals as needed.

Appearance: There will be swelling and discoloration for 1-2 weeks, possibly longer. Initially, there may be numbness around the area along with postoperative pain. The area should improve contour with less excess tissue in the labial area. Scars will be reddened for 3 months. After that, they will gradually fade and soften. The scar is located along the labia minora on the right and/or left side. The sutures used for your surgery are dissolvable and do not need to be removed.

Complications: Please contact us if you have foul smelling drainage, fever > 101° F, chills, or pain that is not responding to medication.

Not all patients heal alike. If you have any questions or concerns during your recovery, please contact the office at 706-724-5611.