Labiaplasty

POST-OPERATIVE PATIENT INSTRUCTIONS

Please read carefully. Individual instructions may vary depending on your procedure and recovery.

Medications

Tylenol (Acetaminophen)

- Take every 6 hours for the first 2–3 days after surgery, then as needed for pain.
- Follow the dosing instructions on the bottle. Do not exceed 3-4 grams in 24 hours.

Oxycodone (Prescription Pain Medication)

- Take as prescribed for pain not controlled by Tylenol, or breakthrough pain. It's important to note that many patients do not require this medication at all.
- Aim to discontinue within the first 2–4 days.
- Do not drive, drink alcohol, or take sleep aids or other sedating medications while taking opioids.
- Opioids may cause constipation and have addictive potential. Use only as prescribed.

Estradiol Cream

- Beginning the morning after surgery, lightly dab on a thin layer to the incision area twice daily for 7 days.

Stool Softener / Bowel Regimen

- Use an over-the-counter stool softener or other bowel regimen as needed to prevent constipation.
- Aim for a normal, soft daily bowel movement.
- Stay hydrated and eat a balanced diet rich in protein and fiber.

First 48–72 Hours

Swelling & Comfort

- Apply cool compresses for 20 minutes on and 20 minutes off while awake, particularly during the first 48 hours.
- Place the compress outside your underwear or sanitary pad. Always maintain a soft barrier between the ice pack and skin.
- Rest and minimize friction or pressure on the surgical area.

BOUSTANY
PLASTIC SURGERY

Hygiene & Wound Care

- After using the bathroom, gently rinse with cool or lukewarm water using a peri-bottle or brief lower-body shower.
- Do not wipe or rub the surgical area.
- You may begin taking brief, lukewarm showers 24–48 hours after surgery. Allow water to run gently over the incisions without scrubbing or applying soap directly.
- Apply estradiol cream beginning the morning after surgery as directed above.
- Wear a clean sanitary pad inside loose cotton or mesh underwear. Change at least 3-4 times daily or more often as needed.

Activity

- Take short, slow walks, minimizing friction between the thighs.
- Gentle, non-weighted leg movements are encouraged while sitting or lying down.
- Avoid prolonged sitting or direct pressure on the surgical area, particularly on hard surfaces.

First Week (Days 1–7)

- **Wound care:** Continue gently rinsing the area twice daily and after using the bathroom. Apply estradiol cream twice daily for 7 days.
- **Dressings:** Continue using clean sanitary pads, changing at least 3–4 times daily or as needed.
- **Activity:** Avoid prolonged sitting, excessive walking, and activities that cause friction or pressure on the incisions.
- **Lifting:** Do not lift more than 5 pounds.
- **Work:** Most patients require approximately 5–7 days away from in-person work, depending on occupational demands.
- **Home assistance:** You may need help with household tasks during the first week.

Weeks 2–4

- Continue treating the surgical area gently and avoiding unnecessary friction.
- Wear loose-fitting clothing and underwear. Avoid tight pants, jeans, thongs, or restrictive garments for 2–4 weeks.
- Gradually increase light daily activities as tolerated, but avoid strenuous exercise.
- Some swelling, sensitivity, and discomfort are normal during this stage.

Weeks 5–6

- **Exercise:** Avoid strenuous exercise and activities that cause friction for 5–6 weeks.
- **Sexual activity:** No sexual intercourse, vaginal penetration, or tampon use for 6 weeks.
- **Swimming:** No pools, hot tubs, baths, or submersion in water for 6 weeks.
- **Swelling:** Approximately 60–80% of swelling typically resolves by 6 weeks, although this varies. Residual swelling may take several months to fully resolve.
- Any firmer scar areas may be massaged with fingertips if cleared by our team. Final appearance and tissue softness generally continues to improve over time.

Supplies to Have Ready Before Surgery

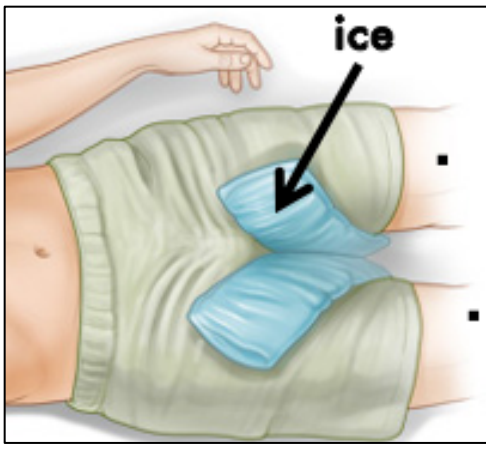
Essential Supplies

BOUSTANY MD PLASTIC SURGERY

- **Tylenol:** Over-the-counter pain relief.
- **Ice packs:** For cool compresses, with a soft barrier, such as washcloths.
- **Sanitary pads:** Thin to medium absorbency, approximately 1–2 boxes.
- **Loose cotton or mesh underwear:** Postpartum-style underwear is another option.
- **Loose-fitting clothing:** Baggy cotton bottoms, loose dresses, and comfortable tops.
- **Peri-bottle:** A gentle irrigation bottle for rinsing after using the bathroom. Tap water is typical.
- **Stool softener or bowel regimen:** As needed to maintain regular, soft bowel movements.

Optional Comfort Supplies

- **Dermoplast spray:** May help with burning, itching, or discomfort. Wait at least 24 hours after surgery before use. Spray from several inches away.
- **Aquaphor or Vaseline:** May be gently dabbed onto areas of dryness or irritation as needed. Warm between clean fingers before applying. Do not rub.
- **Handheld fan:** A gentle breeze may help relieve discomfort.
- Drinking water
- Balanced meals with adequate protein, vegetables, and fiber



Ice Pack wrapped in a cloth barrier

- Place it outside of the underwear.
- Keep a standard maxi pad inside of the underwear.
- Apply it to the groin for 20 minutes and then remove it for 20 minutes for the first 2-3 days after surgery and then as needed.
- A Ziplock bag containing ice cubes (also with a barrier) can be used similarly.

After using the toilet, very gently rinse area with water or saline using one of these options:

"Saline Wound Spray"
Pre-filled spray bottle
Available at Drug Stores



"Peri—Bottle"
Available on Amazon



Alternative:
Clean, empty spray bottle to fill with water





Hand-held Fan can be soothing and prevent excess moisture

"Dermoplast Spray" for itching or burning.
See above.

