

Aftercare Information

Labia Reduction



This information has been provided to enhance your journey through your treatment pathway. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).
For out of hours emergencies and at weekends, please call 07753 211771.

Procedure Information

Preparation before surgery:

- Smoking (cigarettes or e-cigarette with nicotine) - you should avoid or significantly reduce the amount you smoke. Nicotine causes the blood vessels to close up and this effect lasts for 45 - 60 minutes following inhalation. It is one of the most important requirements to lower the risk of postoperative infection and other healing complications. Ideally we would suggest to avoid smoking for a minimum of one month before and after surgery.
- You will require regular pain relief for the first few days and can require it for longer. You will be given paracetamol and ibuprofen to take home but please make sure you have some available at home also.
- Do NOT take Arnica or herbal tablets 10 days before and 3 days after your surgery. This will significantly reduce your risk of bruising.
- We will provide cold compresses, sterile gauze, a pillow protector and painkillers for you to take home on the day of surgery.

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The day of surgery:

Please DO observe the following on the day of your surgery:

- Enjoy a good meal before attending, unless you are scheduled for twilight sedation or a general anaesthetic.
- Shower on the morning of surgery.
- Wear comfortable clothing. Also, please wear knickers, not a thong.
- Arrange your transport home. We advise you not to drive after the surgery and have someone help take you home.

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Immediately after surgery:

After surgery, you will relax in our recovery room. We will provide you with a hot/cold drink and biscuits after surgery. One of our patient coordinators will go through the aftercare and give you instructions on what to expect in the next few days (please always refer to this document).

All the stitches are absorbable. There are internal and external stitches placed and the wound is closed in layers to reduce the tension. Due to its location, sometimes the wound can stretch and open slightly. Don't worry about this as the wound will close up. Due to the area of surgery, the constant movement with walking, sitting, moving around will put tension on the skin edges. The top layer of stitching that is on top of the skin will start to come off in 7-10 days. This is normal. It is also an absorbable stitch and as the body dissolves it on the inside, the outer aspect of the stitch will come away.

The area can be quite uncomfortable after the surgery and we will give you painkillers. You will be given a pad and vaseline dressing to place on the area. You will require appropriate underwear to hold the dressing in place and so please avoid thongs and wear underwear with more support.

We will make your follow up appointments. This will consist of:

- Approx 1 week follow up with our nurse and wound care specialist (removal of sutures).
- Approx 6 week follow up with your surgeon.
- Approx 6 month follow up with our nurse and wound care specialist.

If you have any concerns our door is always open and more follow up appointments can be scheduled.

Procedure Information

Aftercare in the first few days post-procedure

What to expect:

- Mild discomfort and swelling – lasts about 1 week.
- Bruising around the genital area – can spread down to the anal region and across the thighs occasionally.

What we would like you to do:

- Shower daily – avoid baths and swimming pools for at least two weeks; keep the area as dry as possible - use a hair dryer on the cold-setting.
- Keep the area clean and change underwear regularly - reduces the risks of infection.
- Keep well hydrated after your labiaplasty surgery, this will also ensure your comfort when passing urine.
- Vaseline dressing for 2-3 days on the wound -some patients also prefer wearing small panty liners for the first 2-3 days post procedure.
- Antibiotics - for 1 week to cover and prevent any infection.
- Regular painkillers - for a minimum of 48 hours but you can take a week long course depending on your level of discomfort.
- We suggest you take alternating doses of paracetamol and ibuprofen every 2 hours for a total of 12 hours a day to keep on top of the pain/ discomfort.

Procedure Information

Photographic examples



Patient 1 - Before surgery



Patient 1 - 1 week after surgery



Patient 2 - Before surgery



Patient 2 - 2 months after surgery

Procedure Information

What to expect and FAQs

How long will it take to recover?

You will generally be less mobile from between 1 - 2 weeks. This will be due to the swelling. It can be quite uncomfortable in the first 48 hours after surgery and you should take regular painkillers as instructed by your surgical team.

Will the scars be visible?

The scars are generally not visible and placed along the natural skin lines. Initially, when the area is swollen and bruised you will be able to see the scars. As the wound heals, these will become less apparent.

When can I return to work?

This depends on the nature of your job. You should avoid any heavy lifting/ bending and strenuous exercise for a minimum of two weeks.

Will the stitches be removed?

All the stitches are absorbable and so do not require removal.

How active can you be after surgery?

You can resume most normal activities as and when you feel comfortable although we recommend that you avoid any heavy lifting, over bending and over stretching for at least two weeks.

When can you resume exercise?

Exercising other than walking is also not advised in the first two weeks post procedure. You can gradually increase to your normal routine from 2 weeks. By 6 weeks you should be back to your normal routine.

Is there any diet advice to help pre and post surgery?

It is essential that you eat and drink as normal post procedure. A nutritionally balanced diet is essential for good wound healing and keeping well hydrated will assist in your recovery.

When can you resume sexual activity?

You should refrain from intercourse/masturbation for a period of at least 4 weeks post procedure or until it feels comfortable to resume.

Please do not hesitate to contact us if you have any questions, queries or concerns.

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