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## **LABIA REDUCTION SURGERY, LABIAPLASTY**

Thank you very much for allowing us to perform your surgery. Please call us at any time if instructions are not clear or issues are not addressed in this instruction sheet.

Pain medication and general anesthesia can cause constipation. It is helpful to start on a stool softener, such as Colace a few days before surgery. If constipation is a problem after surgery, you may use a glycerin suppository or Fleet enema.

Labiaplasty (which can also be called labia minora reduction, labia reduction or inner lip (labia minora) reduction) is a procedure to reduce the size or reshape the labia minora – the skin which surrounds the vaginal opening.

The inner labia, or labia minora are usually not visible unless the legs of the women are apart. Sometimes, the labia are enlarged or elongated or misshapen, and can be seen when the legs are not apart or barely apart.

When the labia are enlarged or misshapen, it can cause problems with intercourse, intimacy and lead to embarrassment or self-consciousness. Enlarged labia can be often seen through tight fitting pants and bathing suits, and can cause discomfort when wearing clothes, as well as with exercise and intercourse. Usually this problem is congenital, but can also occur from hormonal changes or childbirth.

Labia reduction surgery or labiaplasty is an outpatient surgical procedure performed under sedation or anesthesia to reduce and reshape the labia. The labia majora, or outer lips, can also become enlarged and lose their form and normal appearance. Reduction of the labia majora is usually performed in conjunction with reduction of the labia minora.

## **Post-Operative Instructions**

Apply Bacitracin antibiotic ointment or a topical triple antibiotic ointment to the suture lines for 10 days.

Place a piece of gauze between your labia.

You may place cold compresses in the area for comfort.

Wear cotton undergarments and avoid any undergarment that is tight or irritating.

Relax and rest for one to two days following your procedure. Avoid excessive walking, sitting for prolonged periods of time, and unnecessary exertion. You will recover quicker and easier if you take it easy for these days immediately post-op.

Avoid exercise (no running, heavy lifting, straining, etc.) for two weeks. Avoid straddle activities like cycling, horseback riding for at least four weeks.

Refrain from sexual activity for four weeks.

Take the antibiotic as prescribed to help prevent infection.

You may take the narcotic medication as prescribed for discomfort or you may take over-the-counter Ibuprofen or Tylenol as directed. Do not take your pain medication on an empty stomach. Have a light snack, such as crackers, about 30 minutes before you take your medication. Do not take any aspirin products for two weeks following the procedure.

You may shower tomorrow – pat your labia dry, do not rub. Do not take a bath or go swimming for two weeks.

The incisions were closed with absorbable suture. This suture dissolves on its own and does not need to be removed.

Follow-up in one week for a postoperative appointment.

**Phone Numbers:**

Cool Springs Plastic Surgery – 615.771.7718

Dr. Moore's Cell - 615.476.2784

Dr. Sarosiek's Cell – 215-910-1187

\*In the case of an emergency, please call, do not text