



DR JONATHAN
TOOGOOD

PLASTIC & RECONSTRUCTIVE SURGEON
MB.ChB. (Stell) FC Plast Surg (SA) | Practice no: 0230197

LABIAPLASTY

POST-OPERATIVE INSTRUCTIONS

ACTIVITIES

- Start walking as soon as possible. This helps to reduce swelling and lowers the chance of blood clots.
- Do not drive for 3 weeks or as otherwise directed.
- Discuss your time off from work with your surgeon. This varies according to the surgery.
- Resume sexual activity as comfort permits, usually 4 to 6 weeks post-operatively.
- Patients with more excessive swelling and discomfort may want to limit their activities until they feel comfortable and gradually progress to their normal activities.
- Strenuous exercise and sports activities should be avoided for 3 to 4 weeks, depending on the extent of the surgery.

INCISION CARE

- No soaking in the bath while sutures or drains are in place.
- The surgical dressings can be removed any time they become saturated and then replaced with a sanitary pad.

WHAT TO EXPECT

- Discomfort will be maximal in the first 3 days, improving each day thereafter.
- You may experience temporary pain, soreness, numbness and swelling.
- You may tire easily for several weeks.
- There will be bloody or blood-tinged drainage for a maximum of 1 to 2 weeks following your labiaplasty.

FOLLOW-UP CARE

- Surface stitches will be removed in 4 to 7 days post-operatively.
- Remaining sutures will dissolve 6 to 8 weeks post-operatively.

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as rash, nausea, headache and vomiting.
- If you have an oral temperature over 37°C.
- If you have any drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that does not stop with light pressure.

EMERGENCY NUMBER: 072 543 5998

Please visit the website for more information.
www.doctortoogood.co.za