



LABIAPLASTY - FACT SHEET

1. Apply thin layer of Mupirocin ointment to the external incisions twice a day for 10 days.
2. Wear cotton undergarments and avoid any tight or irritating undergarments.
3. You may shower the day after surgery. Pat your labia dry, do not rub.
4. Avoid putting pressure on the surgical site, as this may cause bruising, swelling and disruption of the sutures in the incision. To help prevent this we recommend the use of a gel donut/ hemorrhoid pillow when sitting.
5. Begin taking a stool softener the day of surgery to avoid straining with bowel movements.
6. Avoid excessive walking, sitting for long periods of time, unnecessary exertion or lifting for 2 weeks.
7. Avoid exercise for 4 weeks.
8. Avoid straddle activities, such as cycling, horseback riding, for at least 6 weeks.
9. Refrain from sexual activity for 6 weeks, as well as tampons and douching.
10. Do not take any aspirin products for 2 weeks following the procedure.
11. Cool packs may be used as instructed for symptomatic relief.
12. Absorbable suture was used to close your incisions. This suture dissolves on its own and does not need to be removed.

MEDICATIONS:

1. If an antibiotic is prescribed for you, make sure you take the medication exactly as ordered. Take all the pills you are given.
2. If a pain medication is prescribed for you, take the medication when needed every 3-4 hours for discomfort.

Watch closely for signs of infection

- a. If wound becomes red, swollen, tender or hot to touch.
- b. If red streaks are seen coming from the operative area.
- c. If you develop a fever.
- d. If the wound breaks open or begins draining.
- e. If there is a constant or increasing pain at wound site.

Please notify Dr. Louton for any problems day or night at (814) 949-7280.